

TAILIN

NEWS MAGAZINE

SEPTEMBER 2008



VOLUME XVII ISSUE I

TALON

NEWS MAGAZINE

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IN THIS ISSUE

KAYLE WALKER



Who would have thought summer would fly by so fast? With the new school year back into full swing, there are a lot of things happening on campus. The new Hodes Center is almost finished and full of new services — check them out in our campus section.

The past few months we have all been bombarded with information about the upcoming presidential election. In this issue we have a special report about politics. Find out what each candidate thinks about certain issues and get the opinions of fellow students around campus.

We also focus on Avila athletics. In our sports section, we preview all the fall sports, update you on the search for a new Athletic Director, give you more insight on the drug testing, and much more. Our A&E section is also full of fun stuff, from concert reviews to a new column, Dinner and a Movie — College Style.

A new section to our paper, “College Credit,” may also spark your interest. This section will give you tips on the latest fashion items, enable you to plan your workout right in your dorm room, and give you advice on your career search, and other things relevant to college life.

And in case you’ve been living in a hole, there has been a lot of talk about lowering the drinking age. The president of Avila University, Dr. Ron Slepitzka, is involved in the debate. Slepitzka wrote an article for the Kansas City Star, and was also on MSNBC voicing his opinion on the issue. Check out the feature to see if Slepitzka is for or against lowering the drinking age.

We’ve all survived a month of school, and hopefully by now all our brains are in “school mode.” Enjoy this issue of the Talon and look for us at the end of each month!

EDITORIAL POLICY

The Talon News Magazine is produced by the students of Avila University. Opinions expressed are those of the writer and do not necessarily reflect those of the TALON NEWS staff, the Trustees, administration, faculty, or staff of the University. The Talon News Magazine encourages letters to the editor. These may be submitted electronically, or in writing and should include the writer’s name, address, and telephone numbers for verification purposes. Letters can be mailed to the TALON News Magazine Editor, Avila University, 11901 Wornall Road, Kansas City, MO. 64145. The Talon reserves the right to edit letters for reasons of space, clarity, or inappropriate language. Copies of the Talon News Network Operational Guidelines may be requested by writing to the above referenced address.

JOIN THE TALON TEAM

We’re always looking to expand our Talon team. If you are interested in writing stories, taking pictures, or page layout, please feel free to contact me. Additionally, we also appreciate any feedback, good or bad.

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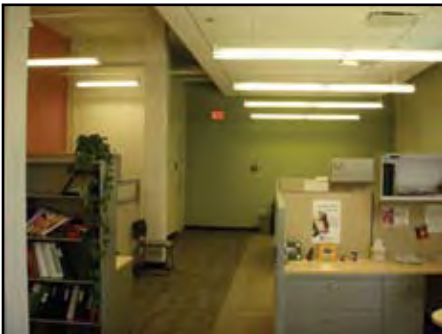
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The New Hodes Center

Lane Goodin

The new Hodes Center is finally done!

It was completed at the end of the summer, so now life can be much easier for all Avila students. Prior to the Hodes Center completion, all of the different student services were scattered across the campus. Now we have everything from learning services and career services to health and counseling services all in one location. Nurse Carol told the Talon “These student services were scattered in several buildings across campus;



so the university took this space, totally gutted it, and redesigned the space to become Hodes Center.” Julie Brogno said that over 100 students came to the Hodes Center in the first week alone, and they are excited to see even more students as the school year goes on!



A Helping Hand

When I visited the Hodes Center I was greeted with enthusiastic faculty that were willing to help me in whatever way they could. It has a young, contemporary feel while still keeping important Avila values. The great thing about the Hodes Center is that it offers students wonderful amenities such as computer access, study rooms, testing rooms, and a place for study groups to meet. Nurse Carol says, “It was truly designed as a student-centered space.” If you have not visited the new center, you really



should take the time to check it out. You can find out more on Avila’s home page, www.avila.edu, or feel free to stop by the Hodes Center and take a look around- you will be glad you did!

No parking, crowded dorms, and Eagle Madness — And school just started!

School has barely been in session for three weeks and we have lots of campus news. Eagle Madness will soon consume our campus, and Colleen will give the low-down on what this will mean to you. Can’t find a parking spot when you come to class in the morning? Javier will analyze the issues surrounding campus parking and dorms, while Jacqueline discusses student loans. This issue will also feature news about the new Hodes Center, security news, and a Value Vent by Ben Kopp. Yes, I know this is a lot of information, but we must keep you up to date on the new campus news.



Campus Security

Khasan Simmons



There have been many changes to the campus lately. The biggest change is our newest dorm. The most visible change is the construction of Avila’s new entrance. I’m looking forward to seeing the new fountain, but I wonder what our tuition dollars will pay for next. There have also been subtle changes that you may not have noticed, such as the royal blue poles around campus?

Recently I interviewed Tim Bosler, head of campus security.

Q. In case of an emergency how fast could your department respond?

A. In case of an emergency, we strongly suggest contacting 911 first and then to contact campus safety. Our role in this is that we call upon assistance as we might see necessary. For a medical emergency, we will have one response and for a fire we will have a completely different

response. Even within emergency categories, our response may be different. Many, many factors come into play. We have built stronger relationships with KCPD (police) as well with our Campus Services Department and Residence Life Department — their assistance is key.

Q. What could I do if I witnessed a crime on campus?

A. If you witness a crime on campus it is important to report it to the Police and to the Campus Safety Department. By reporting crimes committed to Campus Safety, we are better able to respond to the safety needs of campus through interaction with the local police as well as with administrators on campus. Every year Avila University is federally required to report crimes committed on campus — by receiving timely reports we not only are better able to respond to the crime, but also to meet our obligations to all of campus by reporting crime.

The Non-Value of Avila University

“Student Perspective”

Ben Kopp

Are Changes Changing Avila?

Looking at the changes at Avila University, I have noticed things that coincide with Avila values and things that do not coincide with Avila values. My previous articles for this column have discussed many problems as they relate directly to Avila values, but I now feel that my former approach neglects issues that are problems despite their connection to the values.

For instance, the new entrance of Ridgeway Hall leads our paraplegic friends up a long, twisted sidewalk that slopes almost as much as the old sidewalk. People wishing to use the wheelchair lift in Blasco Hall must first search for someone with a key before waiting up to five minutes for the machine to lower. Issues like these are problems with a common link: illogic.

An Assumed Value

In theory, logic is an assumed value of any entity. We strive to see chains in which A begins the alphabet and Z ends it. We expect written rules to be enforced, and all enforced rules to be in writing and known by the participants. In a place where logic does not exist, however, anything is possible. I try to be as optimistic as the next person, but seriously, the “things will get better if nobody mentions the elephant in

“Things will get better if nobody mentions the elephant in the room”

the room” mentality is ridiculous. Wake Up! Search the heart and soul of this institution and decide if you want change. Make logic one of your Avila values.



Mad About the Eagles

Colleen Reagan

Free Stuff!

Do you enjoy free food, games, prizes, music, and live entertainment? Do you enjoy getting rowdy with your friends and fellow classmates? If so, come out to Mabee Fieldhouse, October 3rd, from 5 p.m. until 7:30 p.m. and celebrate our Eagle Madness.

Eagle Madness

Eagle Madness is a school spirit-filled event, where all of Avila students get together and go crazy. During this event all of the senior student athletes will be recognized for their prestigious athletic and academic careers. While watching all these stupendous seniors, you are able to eat your hearts out with free barbeque, ice cream, and non-alcoholic drinks. Along with the senior nominees for Homecoming King and Queen, the winners of the Geer Cup will be announced.

The Geer Cup is an award that goes to the male and female student-athlete with the best grade point average, as well as the male and female athletic team with the top cumulative grade point average. And this is only the beginning of the night!

Games

Throughout this whole event there will be games you can play to win prizes (last year I won an X-Large football shirt and I wear

it all the time), so participating is definitely worth it.

The live entertainment will include performances from the cheerleaders as well as the dancers. Both performances will get our crowd involved, and the gym filled with excitement. From my experience of Eagle Madness, the best is when the dancers and the basketball guys team up and perform. It gets intense and out of this world!

So if you want to be a part of all of this excitement, bring yourself, bring your friends, and bring your spirit! This is a great way to meet new people, have lots of fun, and eat free food. So come out, stuff your face and join in on all the fun with us! Remember, Friday, October 3rd, in Mabee Fieldhouse, from 5 p.m. until 7:30 p.m. Don't be late!



The Dangers of Soft Drinks

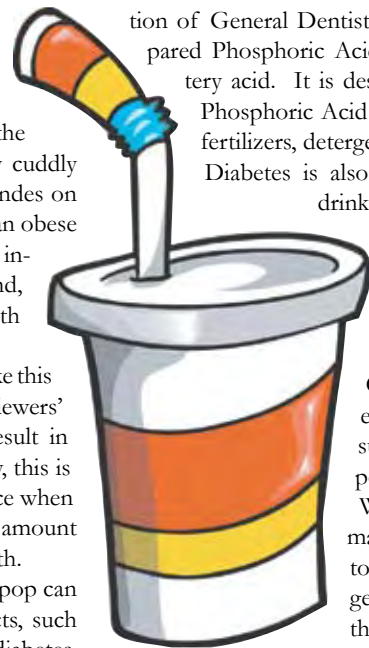
Christina L. Johnston

You plop down on the sofa in your dorm and flip on the tube; first up is a Coca Cola commercial. However, instead of the drink being consumed by cuddly polar bears and pretty blondes on roller skates, you observe an obese woman giving herself an insulin shot with one hand, and chugging her soda with the other.

Although a commercial like this would probably grab the viewers' attention, it would not result in many sales. Unfortunately, this is the reality many people face when they have consumed a vast amount of soft drinks in their youth.

Studies have proven that pop can cause many harmful effects, such as heart disease, obesity, diabetes, and tooth decay - to name a few. In fact, according to the American Heart Association, drinking just one soda pop per day increases a person's risk for cardiovascular and heart disease. These consumers also are thirty-one percent more likely to struggle with obesity.

According to the April edi-



tion of General Dentistry, dentists have compared Phosphoric Acid in soda pop to battery acid. It is destroying tooth enamel. Phosphoric Acid is also found in many fertilizers, detergents, and cleaners.

Diabetes is also a major risk to pop drinkers, since the average soft drink contains nine to twelve teaspoons of sugar. According to the Beverage Marketing Cooperation, the average American consumes fifty gallons of pop a year.

While this information may not convince you to "kick the can" altogether, it may make you think twice when the waiter inquires if you would appreciate another refill.

The Hookah Society in College

Mario Ausiello

Healthier Than Cigarettes?

Many college students believe smoking tobacco out of a hookah is healthier than smoking cigarettes. According to a recent poll conducted by the University of Pittsburgh School of Medicine, roughly 75% of the students said that hookah smoke is less addictive than cigarettes, and 50% said that they believe it is less harmful than cigarettes.

In reality the smoke has no fewer toxic fumes than cigarettes. An average hookah smoker is exposed to more smoke than the average cigarette smoker, because of the large amounts of smoke inhaled with each hit. In one hour, a hookah smoker is exposed to 100x to 200x the volume of smoke than a cigarette smoker, claim researchers.

Many students assume that the water in the hookah filters out all harmful chemicals. This is a myth, according to University of Pittsburgh researchers. The water does nothing of the sort. It is only a fancy way to smoke a pack of cigarettes in less than ten minutes. Still, the hookah's popularity keeps spreading at schools ranging from Avila University to University of Pittsburgh.

Many of the Pittsburgh students surveyed smoked out of a hookah, yet never smoked cigarettes — under the impression that this was a healthier option.

Avila student Brie Evans told me that "hookah smoke is mainly air," adding she doesn't believe it is as harmful as cigarettes, and prefers the fresh air.

Another student, Gavin Bickle, thinks differently. "Hookah smoke smells better and tastes better, but it is probably the same in regards to health issues."

Non-smoker Tyler Herring also weighed in on the controversy. "I would be more willing to try the hookah, because I heard it is better for you and tastes good."

Apparently, many college students do not consider the health risks of smoking the hookah to be comparable to smoking cigarettes, even though this may not be the case.



Is Avila Too Crowded?

Javier Kelty

Like the rest of the world, Avila has been experiencing a significant increase in population this semester. The freshman class has almost twice the number of students from the previous year. Although AU staff and students are always happy to see so many new faces, the school might not be completely ready for such a change. Residents of Carondelet and Ridgway halls have three people living in rooms barely suitable for two.

Dorm Rooms Packed Full

"It's a lot better than high school...more freedom. The only bad part is less personal space," freshman basketball player Jason Stevens stated. "There's no room to walk around the dorm...I wouldn't have signed here if I knew that. I didn't know 'til the day I got here that they put me with two people."

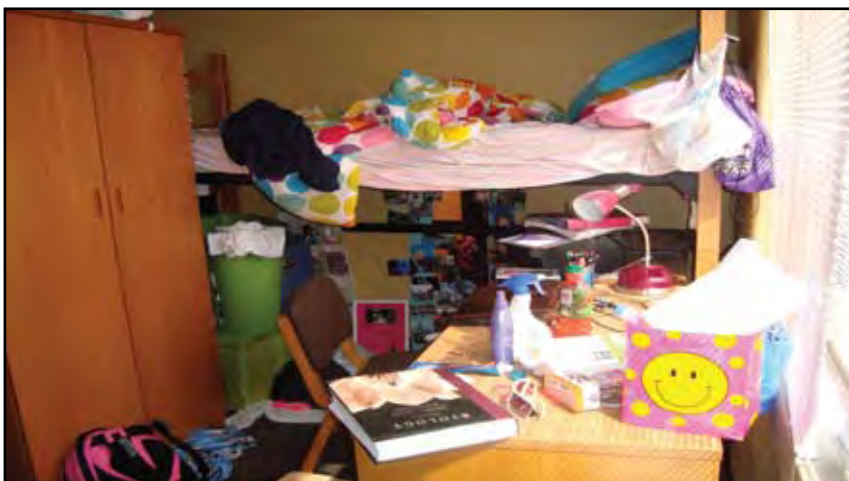
Obviously there are improvements that need to be made, which at least look like they'll be taken care of with the construction of a new hall. However, dates are still pending as to when the construction for this new hall will be completed.



No Parking for Residents

On the other side of campus, residents of Thompson Hall may be living quite comfortably in their four room suites but this doesn't excuse them from being affected by the surplus of students this semester. Unlike last year, every last parking space has been serving its purpose. A look at the

"I didn't know 'til the day I got here that they put me with two people."



lower parking lot from last year, as compared to this year, tells all.

The problem lies with the fact that students from other halls, visitors, and even professors have been taking up parking spaces meant for Thompson residents.

"I feel like it's a flip of a coin if I can find a spot near Thompson or not," sophomore Thompson resident Ryan Hardwick commented. "There's times when I'm trying to get to class and I have to park way out of the way."

Many students living in Thompson feel there should be a designated parking area for commuters and visitors so people paying the extra money to live on campus aren't inconvenienced by walking up to half a mile to get to their destination.

Parking Tickets

Finally, students feel strongly about the increase in parking tickets given out by security. Sophomore soccer player, Matt Birk, said he would like to see more leniency in parking restrictions, such as faculty and handicap, during the day. "They shouldn't be out looking to give tickets unless it gets to be a problem... unless those tickets go towards building something we need-- like a new stadium."

To the Avila Community

Ben Kopp

Student Senate Welcomes Change

With a new academic year, we are given the gifts of freshness and change as people come and go, positions shift, and new visions are recognized. The Student Senate of Avila University is no exception. They have said goodbye to some and welcomed many more. The members and officers are now better for their new structure.

The Student Senate is here to represent the Student Body of Avila University while ensuring that all rights and freedoms given to the students and their governing body are upheld. They are a line of communication between the administration, faculty, staff, and students of Avila University. They will be participants in the governing processes as they pertain to the student body. Most importantly, they are here with dedicated students who will continue their hard work long after the seniors of this year have left.

New Projects Underway

As we start this new academic year, some of the Senate's initiatives are underway or in planning, and they would like to invite you to participate in all of them in some way. The project for a spirit bus is one of the first among these initiatives, allowing non-driving students to get to Rockhurst University for Avila home football games. For the election season, they are also working to educate and prepare the Avila Community for voting. For upcoming ini-

tatives, the Senate would also like to ask you to be prepared to discuss ideas regarding campus construction.

The Student Senate of Avila University would like to invite you to help with these and other initiatives. The best ways to contact the Senate are by any of the means listed (see sidebar below).

Anyone Welcome

Open meetings of the Senate take place on Wednesdays of every other week at 6:15 in the Barefoot Room beginning September 24. Senate Forums are every month starting in October; times and dates will be advertised at least two weeks in advance.

Anyone may attend meetings and forums. The Senate is open to any ideas, questions, and concerns whether new, or about current agenda items.

contact:

- **President** — Ben Kopp
- **Vice President** — Shawna Downing
- **Secretary** — Cecile O'Hara
- **Humanities** — Senators Xanda Pilley or Kathy Cook
- **Senior Class Representative** — Bailey Umstatt
- **Sophomore Class Representative** — Larry Hayes.
- **Email** — student.senate@avila.edu
- **Attend a Senate Forum**

Student Loans: Causing Grief to Students

Jacqueline Sharp

Economic Plunge

Over the past year the nation's economy has taken a plunge, and it has affected all of us in many ways. Now that school has started, students and their families are impacted because of student loans.

A large percentage of college students in the United States have to apply for student loans, but now they are being stuck with an extra fee just for applying.

There are seven student loan companies that are under investigation because of their unethical approaches luring students to their companies for loans. The New York Attorney General alleges these companies have been bribing students to apply for loans by offering gifts such as iPods, and sending false rebate checks, and other documents with an emblem similar to that of the federal government.

Lenders were also sending false information about loans, and approving people who were not even eligible. Some of these companies did not even have enough money to loan out what they had promised to customers.

Because of these companies and their sneaky tactics, students are now facing even higher fees, and some are not even able to receive college loans. There have also been many students who did not receive their student aid until after classes had already started, so they could not pay their tuition on time. In some cases, they were not allowed to attend classes the first week of school.

AU Steppa Spicin' Things Up

Ricky Davis

"I think that it would give me a chance to express myself ..."

This year Avila is adding a little spice to the school's entertainment realm! A branch under the BSU (Black Student Union), the AU Steppas, are the step teams that are going to blow your mind. As the founder, I'll offer some insight on how the stepping all began.

I was sitting in the Eagle's Nest talking on the phone and checking my Facebook, and I noticed Stanton Johnson (co-founder) looking at some stepping videos on YouTube. I immediately hung up the phone and engaged myself. I was amazed in what I was seeing so I decided to start a step team.

And that's exactly what I did. I created the AU Steppas in the Eagle's Nest.

"When Ricky asked me to join the AU Steppas, I did not hesitate to say yes," said freshman, Meika Nwaomah. "I think that it would give me a chance to express myself in a way in which I can be free when I do something that I love--and that's dancing!"

I also want to incorporate hip-hop dancing into the step routines. With my dancing background I thought that it would allow the team to be versatile in every performance.

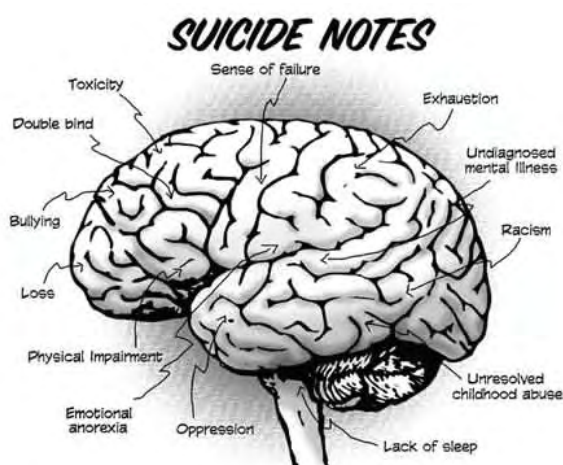
Dancing has been my life from the time I could walk. I consider my older brother and sister to be dancing Gods. They would dance in many talents shows and kill it!

My older brother has gone on and danced for famous people such as Janet Jackson. Someday I want to become as good a dancer as he is. I have to start here at Avila University. So Avila, be ready for the 'BLAZE.'

So everyone get in step with the AU Steppas, because you will see us a lot around campus. Wish us luck!

Suicide Prevention Week: Student Perspective

Monica Lang



Suicide in Missouri kills more people each year than drunk driving, HIV or murder.

National Suicide Prevention

Every sixteen minutes someone commits suicide, according to the Kansas City Star. September 8th through the 14th was National Suicide Prevention week, yet I didn't hear anything about it on campus.

This is a serious issue, and after losing one of my classmates, who I attended classes with last semester, I realized there are many Americans who are afraid to talk about it.

There are more suicides than homicides in Kansas and Missouri. 526 lives were lost to homicides in 2006, and 1,175 were lost to suicide. A lack of regional education in mental health might be a factor.

Walk for Awareness

This year 240 families went to Loose Park to walk for the awareness of suicide, which is an improvement from last year's event. According to Marcia Epstein, Director of the Head-

quarters Counseling Center in Lawrence, there is a stigma associated with suicide: that there was something wrong with the victim's family, but that is not always the case. Suicide in Missouri kills more people each year than drunken driving, HIV, or murder. These are sad statistics that we should be learning from.

Suicide is puzzling and devastating, and usually when awareness about the subject is brought up it is too late. Schools and universities only seem to bring it up after the fact. Maybe this should be a lesson to the teachers, educators, and police everywhere, that there has to be more awareness about this subject; because what we are doing to prevent it is obviously not working.

Substance Abuse

Substance abuse is highly correlated with suicide and anyone who has a serious problem should be watched closely, and not left alone. If somebody is joking about suicide repeatedly, especially in an altered state, friends and family should be taking them seriously.

Last semester, I distinctly remember making eye contact with my classmate while telling a story in class, and little did I know she was days away from killing herself. There are so many questions that go through one's head after learning that death was her choice. It is disturbing, but the truth is that every sixteen minutes someone is making that same choice. So, what is Avila doing to prevent such atrocities? Let's educate more and memorialize less, because this statistic is flying through the roof.





Campus Ministries is for everyone!



Join BSU!



Avila Student Nurses Organization (ASNO)
— All smiles!



Happy to be at Avila!



Avila Eagle Spirit Contest!



Musician Shevy Smith performing at the
AU Kickoff Celebration!

2008

SEPTEMBER/OCTOBER

SEPT 30th

May and June graduation applications for Graduate Education and Graduate Psychology students are due in the Registration & Student Records office. Also due are applications for August graduates walking in the May ceremony. Last day for filing undergraduate graduation application for students finishing in June or August 2008 who plan to participate in May 2009 ceremonies.

SEPT 30th - OCT 3rd

Fly Now! - Thornhill Gallery Tuesday - Friday, 12:00 - 3:00 p.m., and by appointment.

OCT 1st

Applications for Curriculum Committee action due in Academic Affairs Office (new course, CI, Level II, Level III)

Avila Advantage classes 2nd five-week session begins

OCT 2nd

1:00 p.m., Eagle Athletic Association Golf Tournament Creekmoor Golf Club

OCT 3rd

11:00 a.m., Noon Avila Heritage mass – Orscheln Chapel, Foyle Hall

12:15 p.m. – 1:30 p.m., Avila Heritage luncheon – Whitfield Center

2:00 p.m., Women's soccer vs. Graceland University

4:00 p.m., Men's soccer vs. Graceland University

6:30-8:00 p.m., Dinner theatre production of Barefoot in the Park

Goppert Theatre

Cost: \$28 per person

5:00 p.m. – 7:30 p.m., EAGLE MADNESS – Mabee Fieldhouse

student spirit event. All are welcome.

OCT 5th

11:00 a.m. – Noon, Alumni mass –

Orscheln Chapel, Foyle Hall

12:15 p.m., Alumni Association recognition ceremony & lunch

Whitfield Centre

2:00 p.m., Theatre production – Goppert Theatre, Barefoot in the Park

OCT 6th

Last day for Avila Deans to submit rank promotion applications to the Academic Affairs Office

OCT 4th

11:00 a.m. – 12:30 p.m., Tailgate party at Rockhurst High School

Cost: \$5 per person

1:00 p.m. Homecoming football game vs. William Jewell College at Rockhurst High School, 9301 State Line Road

5:00 p.m. – 6:30 p.m., Alumni reception - Alumni Lounge, Marian Center

6:30-8:00 p.m., Alumni Dinner Theatre,

Goppert Theatre

Cost: \$28 per person

OCT 7th

School of Graduate Studies, 2:00 p.m. – 3:30 p.m., Barefoot Room

10:00 a.m. – 2:30 p.m. – Blood drive, donor bus at Avila University

3 p.m. to 5 p.m. - Interview tips – drop by to ask questions & get helpful tips – Hodes 116

OCT 8th

Counselor summit

Office of Admission

OCT 10th

7:00 p.m. – Library after hour film series presents Barbie Nation

OCT 15 - 19th

Oct. 15- 19

Fall break- no classes

OCT 20th

Credit for Prior Learning portfolios are due in the Academic Affairs Office

OCT 22nd

Academic Affairs Council (AAC) Meeting, 2:00 - 4:00 p.m., Barefoot Room

Academic advising for spring 2008 begins Noon to 7 p.m.

Practice interviews through Career Services Office, Hodes 116

OCT 27th

1:30 p.m. to 4:00 p.m. - Majors & career fair — Whitfield Center Conference Room

Don't Wanna Grow Up!

Kayle Walker

I have learned many things since I've packed up and moved out of my parents' house three years ago. Some things were tougher than others, but each experience has made me a better person. Through this column I hope to share my experiences, so maybe you can take a shortcut on your journey to "grow up."

There is nothing better than having your own place. You get to arrange your furniture, hang your favorite posters, stock your fridge with your favorite food, and pay your own bills. Since my move out of the dorms, I have lived in three different places — a house and two different apartment complexes — so I am no stranger to paying bills.

First off, when searching for a place, make sure you know what amenities are paid for, and ask your landlord for an estimated price on the bills you pay in addition to rent. You may not think paying for trash is a big deal, but in most places you can only have a certain number of trash bags and it can end up being very costly.

Second, once you know what bills you have to pay, you will want to contact the businesses. Your electric bill will obviously come from Kansas City Power and Light, but you have more than one payment option. You can pay your bill based on usage—some will be higher than others—or you can pay an average, which is a set amount every month based on your usage throughout the prior year. While the average won't save you any money, it allows you to know how much you will pay and you can manage your funds easier.

It may also be hard to admit, but now that you're not living with your parents, even the slightest details matter. You may not be able to set your thermostat as cool as you want it in the summer, or as warm as you want it in the winter. According to Kansas City Light and Power, for every degree you raise the thermostat setting in the summer, you can expect to cut your energy consumption by three to five percent.

Another bill that can be costly is your gas bill. It's also a bill that fluctuates with seasonal highs and lows, and the company you use will depend on whether you live in Kansas or Missouri.

The cable/Internet bill isn't a necessity... who am I kidding? Our generation can't live without either! While you probably won't get to choose the provider (more than likely it's Time Warner or Comcast), you definitely want to pick a good package—one that includes the Internet. Believe me, you don't want to rely on "borrowing" the net from your neighbors — it won't connect when you're trying to write that five page paper at midnight the night before it's due.

Third, it's important to know when your bills are due and how much the late fees are. I've shed many tears for having to pay an extra fifty dollars because my rent was late by a day. Here's a hint: bills are typically due once a month around that same time! Also check out what options your bank offers. Many banks advertise a free bill paying service, so you can pay your bills with no paperwork required.

Finally, if you are getting ready for a change of scenery, make sure you contact all your utility companies so you can get your power, water, and other utilities turned off or switched over to your new residence. Most companies require a certain amount of notice to have services shut off, and you don't want to pay extra. Also, don't forget to change your address with the post office. It's easy: All you have to do is go to usps.com and fill out the change of address information. This works if your move is temporary or permanent. It takes five minutes, and only costs a dollar, so make sure you get this done before the actual move!

The unfortunate thing is that we'll always have to pay bills, and as the years go on we'll have even more of them. So who knows, maybe the few dollars you save here and there will go a long way in the future.

Easy Dorm Room Workouts

Erin Hopper

Do you feel like you have put on a few pounds or just want to tone up? Have you thought about joining a gym, but money is just too tight? Who wants to walk all the way over to the gym, especially in bad weather? Here are some simple workout techniques that you can do in the comfort of your own room. Even though you may feel silly exercising by yourself, you can design your own workout for your own small space. Start with any combinations of these low-impact moves to speed up your heart rate so you can start burning that fat (see



sidebar on right).

It is always important to have a cool-down stretch after an intense workout. This way you are not nearly as sore the next day.

College dorm life doesn't have to be a downer. For little or no money you can turn your living room, kitchen or bedroom into your own personal gym. Doing these exercises a few minutes a day will leave you with a toned, healthy body. What better way to experience college life?

- Marching in place
- Stepping up and down stairs in your building
- Side steps (step touch)
- Jogging in place
- Jumping jacks
- Grapevine (sideways, back, front)
- Kickboxing moves (punches, front kicks, side kicks, squats)
- If you have enough space for a jump rope you can burn some major calories, however if you don't you can mimic it with your hands and wrists.

Strength Training:

- **Triceps** — dips in chair, crab push-ups
- **Biceps** — triangle wall push-up or isometric bicep-hold with towel
- **Shoulders** — reverse plank or isometric shoulder-hold with towel

- **Chest** — modified push ups or wall push-ups
- **Abs** — Plank, lower legs and hold
- **Obliques** — crunches with twist or side planks
- **Hips** — hip-flexor or hip-flexor extension
- **Thighs** — body weight squats or forward lunges

Flexibility Options:

- Prop your foot up on your desk, bed or chair to stretch the hamstrings
- Do a back-bend to stretch your abs
- Use the walls for stretching your arms, chest, and calves

Help! I'm graduating and I need a job!

Michele Watley

You've finished your classes and you are preparing to graduate. As you reflect on your exciting, exhilarating, and expensive college experience, you come to a startling realization. You need a job. Not just any burger-flipping, floor-mopping, or babysitting means to cash, but a career. You need a career that will put that expensive degree to work. Before you pull your hair out, take a look at Avila's Career Services Center.

Gina Frigault, Mary Corless, and Susan Wulff are available to help you with everything from choosing a major to choosing a career path. The women of the Career Center employ many resources to help you with whatever your career needs may be. These free resources are available to all students at all class levels. Some of the Career Center's resources include the following:

Do What You Are: A career assessment test that is based on personality, and provides you with accurate and invaluable insights to help you make satisfying college and career decisions.

College Central Network (CCN): A free online job posting and viewing system. You can make a profile, and post your resume for potential employers to view, and you can browse job entries.



Practice Interviews: Practice interview sessions are the chance for you to conduct a mock job interview with a professional in your career industry. Practice interviews will be held on October 22, 2008. You can also schedule a practice interview at any time.

The Career Center can also assist with finding summer internships, resume development,

networking skills, and much more.

Located in the new Hodes Center, the Career Center is where you need to be to avoid that job offer from the local fast food restaurant to flip burgers. are available from 8am – 5pm, Staff members are available Monday through Friday to assist with your career needs. For more information, please call Gina Frigault at 816-501-3764

Let's Talk Fashion!

Jacqueline Sharp

Fall is quickly approaching, and it is time for all of us to start packing away our summer essentials. Many think that bright colors are only appropriate for spring and summer, but not so fast! This fall's fashion is all about COLOR! In all of the fashion magazines this fall, you see nothing but bright colors, scarves, leggings, and high waisted pants. Remember this when shopping for your fall wardrobe. As college students, we are always looking for a bargain, because some trends only last for one season. Who wants to spend a lot of money on something that you may only wear a couple times? Forever 21 and Wet Seal are just a couple of stores that are affordable and keep up with the latest trends. Their clothes are great perfect for college students in a sense because I think of them as being disposable. Everything both stores offer is so inexpensive that if something gets spilled on your outfit it won't break your heart. You also need the perfect purse or clutch, shoes and jewelry to go along with your perfect outfit. Forever 21 and Wet Seal are great places to purchase jewelry, purses, and even cute shoes. For really great shoes, I recommend Macy's. They always have a great selection and carry the full line of my favorites, Jessica Simpson Shoes. So when you are out shopping for fall, remember this season's fashions, and also remember you don't have to spend a lot of money to get what you want! Happy shopping!



President Slepitzka Signs Amethyst Initiative

Kayle Walker

18 or 21?

When you are 18 years old you can vote, sign a legally-binding document, and serve our country in war, yet you still can not have a beer. College and university presidents nationwide are lobbying lawmakers to consider

lowering the age would reduce binge drinking and drunken driving on campus. According to the Amethyst Initiative, enforcing the 21 law is not working. Alcohol education that mandates abstinence as the only legal option has not resulted in significant constructive behavioral change among our students.



lowering the drinking age on college campuses from 21 to 18. Some of the nation's best-known schools, including Syracuse, Duke, Dartmouth and Ohio State University, have joined the program--called the Amethyst Initiative--since it was launched in July.

Amethyst Initiative

Of the 130 college and university leaders involved, Avila President Dr. Ronald Slepitzka has signed the Amethyst Initiative, which encourages a national conversation about lowering the drinking age to 18. Slepitzka is the only university administrator to support the initiative in our area. KU Chancellor Robert Hemenway has said he will not be signing the petition, and Michael T. Nietzel, president of Missouri State University in Springfield, MO, agreed.

21 Is Not Working

"Having worked in higher education over 30 years I was present when the law changed and watched its impact," said Slepitzka. "I have also seen what we can and cannot achieve in engaging students in conversations about responsible use of alcohol. I think it is really important for us as a society and for universities as centers of learning to engage in conversations about a variety of policy issues and this is certainly one of importance." The Amethyst Initiative asks Americans to rethink the drinking age and "learn the lessons of prohibition." President Slepitzka argues that

MADD Mothers

The Amethyst Initiative has sparked outrage from groups like Mothers Against Drunk Driving (MADD) that claim raising the drinking age to 21 has saved 1,000 lives a year. MADD is asking people to contact college presidents who endorsed the initiative and ask them to remove their names. Most of the letters, email and comments that Slepitzka has received (other than a chain email from an advocacy group) have been positive and supportive.

"Many agree that this is an issue that needs conversation. Whether one signed the initiative or not, many will agree it is a conversation worth having," he said.

Education Programs

It's nothing new that college students drink, whether they are 21 or not. With the current drinking age, students continue to binge drink and even break the law by choosing to use fake identification. If the drinking age were lowered, universities could instill programs that educate students on the responsible and safe ways to drink.

In order to get the drinking age lowered, lawmakers would have to approve the change, something that seems very unlikely, even as more attention is being given to the subject. For now the Amethyst Initiative can only hope to keep the conversation going about the benefits of changing the law. Only time will tell if their efforts are worthwhile.

Lowering the Drinking Age — Student Perspective

When I was 18 I probably would have wanted the drinking age to be lower, but now that I am almost 22 I will have to disagree. I don't think this because now I am legal, but rather at that age I don't think I was responsible or mature to drink in public. The bars are no place for an 18 year old. If it were to change, I think it should be 20. By that age a person should be responsible enough. Here are a few other thoughts on the subject from students on campus

Matt Jenson — Age 23



"If it was on campus then yes, because it would be better to have kids drink on campus and in their rooms than driving to drink and then trying to drive home drunk. Plus if people are on campus then they will have RAs to look out for them if they drink too much. It's the safest alternative since kids are going to drink anyway. As far as off campus, I think there are a lot of stupid kids that I wouldn't want at the bars and stuff with me. I don't think most people are that mature yet at 18 to handle that scene."

Britany Townsend — Age 19



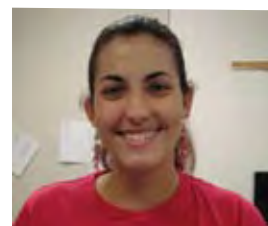
"I see it as so many 18-year-olds drink anyways. They are seen as adults but don't get all the rights of one. You can go to war for your country but you can't have a beer. It doesn't make sense to me."

Brandon Holiwell — Age 22

"I don't think it should be lowered. Maybe I sound biased because I'm over 21, but I just think that if the drinking age were lowered it would only increase the amount of DUIs. If people over 21 are not responsible enough to not drink and drive what makes you think that teenagers are?"



Christina Wadsworth — Age 20



"I'm not one who cares for drinking. I think alcohol turns good people into horrible ones. If they bring the drinking age down it will probably be a bad for the first year, but after that it might get better. Kids might start to think that it isn't cool anymore, and that it is not a big thrill to go out and drink."

AVILA LIFE

In This Section

▼ Emily Hoskins

In this Arts & Entertainment section, the Talon's finest cover a large assortment of topics. Reporter Charlotte Bishop gives her scoop of the best movies of last summer including Iron Man, Indiana Jones: Crystal Skull, The Chronicles of Narnia: Prince Caspian, and of course the massive blockbuster hit, The Dark Knight. You'll be able to catch them on DVD soon. Goppert Theatre announces that their first show of the 2008-2009 season will be Neil Simon's "Barefoot in the Park," a romantic comedy set in the '60s. The first show will be Oct. 2nd. Erin Hopper gives a review of the hip-hop musical "Clay," which was just recently performed in Kansas City. And last but not least, everyone should know that J.K. Rowling has written a book for Muggles: The Tales of Beedle the Bard, due out December 4th. Upcoming events include Ben Folds, October 22 at the Uptown Theatre, and Alanis Morissette, October 28 at the Midland Theatre. Dane Cook stars in "My Best Friends Girl," which opened September 19, and "Lakeview Terrace" opened the same night. Finally, don't forget to read the new edition of the "Eagle Eye." Enjoy

Clay Review

Khasan Simmons

Clay is a one-man show by Matt Sax, featuring five different characters. Sax not only acts all the parts, but also wrote and directed the production, and composed the music and beats for it. Take a second and think about that for a minute.

Clay is Sax's vision of a young man's struggle and journey to become a hip-hop artist. Whenever you listen to real hip hop--not just the mindless music you hear on the radio or see on B.E.T. or MTV--there is a real message from the artist.

Cliff is forced to expose his darkest secrets to become a better rapper and release his inner demons.

The main character, Cliff, grew up in a broken home, after his parents split and he was forced to live with his father. After his mother kills herself, Cliff becomes bitter towards his father, and decides to take hip hop lessons from a local artist that he saw in concert.

Clay learns to express himself through hip-hop, finding his voice after taking hip-hop lessons. He is forced to expose his darkest secrets to become a better rapper and release his inner demons.

This is a touching and disturbing story about a young man's troubled past and rise to stardom. I recommend this to anyone who wants to learn the true meaning of hip-hop. Clay is presented by the Kansas City Repertory Theatre.

Clay Review

Erin Hopper

The musical Clay is a rivoting, one-man, hip-hop musical, running through September, on the Kansas City Repertory Theatre's Copenhagen Stage, near the Power and Light District.



Matt Sax, the writer, composer, and star of Clay, gave a five-star performance last week. Sax had me pinned to my seat from the first act to the last.

Clay is a powerful story centered on a young man named Clifford. This musical shows how Clifford turns to hip-hop to escape his upside-down life.

"Clay's" struggle through life previewed in Kansas City, before its national debut at the Lincoln Center Theatre in New York City.

The musical Clay is a rivoting, one-man, hip-hop musical.

Barefoot in the PARK
by Neil Simon

STUDENTS FREE!

October 2, 3, and 4 at 8:00 p.m.
October 5 at 2:00 p.m.

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Music Reviews

Javier Keltz

Young Jeezy, The Recession

The Snowman's junior album may have surpassed The Game's LAX on the billboard charts at No. 1, but its controversial title doesn't match the content of the CD.

Aside from a few select tracks ("Put On," "Vacation"), the rest of the album is full of arrogant rhymes with little to no depth, and an overwhelming amount of blunt references to the American dream. There are a few good songs to bump to, such as "Who Dat, Amazin," and the Aphilliates' DJ Don Cannon doesn't cease to impress with his production skills on Circulate.

However, the only track where Jeezy shows any political relevance to his title is on "My President," where he and Nas show support for the presidential nomination of Senator Obama--with Nas dominating the track with his veteran lyricism.

Overall, Jeezy's third attempt was a disappointment compared to his previous releases. Hopefully Jeezy will use the money he makes off of this album to take a needed vacation so he can encounter a fresh experience to rap about on his next project.

The Game, LAX

As long as The Game doesn't pull a Jay-Z (proclaiming this to be his final album and making a comeback) he'll leave the rap game on an excellent note. LAX proves that The Game is more than just another cliché gangster rapper.

But this shouldn't disillusion traditional gangster rap fans, because all of the typical elements of a Compton-released album are still on here: low-riders, khakis and gunplay. He manages to take his lyricism to another level with songs like "Never Can Say Goodbye," paying homage to hip hop's fallen soldiers--Tupac, Notorious B.I.G, Eazy-E--by rapping from their point of view during their final hours. Other songs worth listening closer to would include "Letter To The King," on the history of the African-American struggle, and the hot single "My Life," addressing the risky lifestyle he's led accompanied by a mind-blowing, synthesized chorus by Lil' Wayne. This album is the highlight of The Game's rapping career, so he should stick and retire--quitting while he's still on top.



Kansas City Events

October 1

ZZ Top — Midland Theater

Tina Turner — Sprint Center
And Then They Came For Me:
Remembering The World Of
Anne Frank — Coterie Theatre

October 2

Disney Presents The Lion King
— Broadway Musical 8pm- Kan-
sas City Music Hall

October 3

First Fridays

7pm Crossroads Art District In
Downtown Kansas City
Free Live Music And Entertain-
ment

October 3-5

American Royal BBQ

7pm- Kemper Arena Parking Lots

October 4

Badfish: A Tribute To Sublime -
Crossroads

October 5

Kansas City Wizards Vs. Chicago
Fire

2pm- Community America Ball-
park

October 7

Citizen Cope Solo Acoustic Per-
formance

8pm- The Midland 1228 Main
Street Kcmo

October 11

KC Wizards Vs. Revolution

7pm Community America Ball-
park

KC Blues Rugby Vs. Glendale
Rfc

7pm - Swope Park- Kc Wizards
Training Complex

October 12

George Lopez

8pm - The Midland 1228 Main St.
Kcmo

October 22

Ben Folds - Uptown Theater

October 25

KC Blues Rugby Vs. Boulder Rfc

7pm - Kc Wizards Training Com-
plex

Metallica -Sprint Center

October 28

Alanis Morissette - Midland
Theater

COLLEGE: Dinner and A Movie

Emily Hoskins

Forget the old, boring “dinner and a mov-
ie” program that some lame network runs.
Out with the old and in with the new--
COLLEGE: Dinner and A Movie!

No sappy love story, com-
bined with a meal that con-
sisting of little heart-shaped
noodles filled with the mag-
ic ingredient of “love” here.
That is not my mission.

Our feature presentation
for the night will be Nich-
olaus Goosen’s “Grandma’s
Boy.” Some of you may
have heard of it, and may be
a bit skeptical at first. Others
who have seen it know how
great a few cups of “green”
tea and a little game called
Dance Dance Revolution can
be!

Here is what you do. First, go rent the
movie if you don’t own it already (which
you should). Also, do not eat within five
hours of watching this movie. You will find
out why while viewing.

Then, go to the grocery store and pick
up the following items: eggs, spaghetti and
sauce, frozen lasagna, and a cake of your
choice from the bakery. Next, get on the
phone and invite over anyone who you
think would like to sit down and enjoy a

lighthearted comedy with the ability to
make the average human being fall on the
floor crying from laughter.

Once your company has assembled, turn
lights off, movie on, and re-
member to start with an
open mind.

Just as a side-note, your
choice of viewing com-
panions is crucial. So pick
your surroundings carefully.
Now enjoy.

The key moment in the
movie is when Alex moves
in with his Grandmother.
Once he sits down to the
dinner table, it is time to
stop the movie and cook.

To shorten cooking time,
have someone scramble some

eggs while someone else heads to a fabulous
fast-food restaurant to pick up a supply of
McChickens. When all food is assembled,
grab a plate, sit down and watch the rest of
the movie. Oh, and don’t forget the cake!

So enjoy this scrumptious meal, outrageous
movie, and splendid company. You follow
all of the directions, and you will have a
cheap night of fantastic fun.



Concerts



Avila Students looking for something to
do for the month of October should check
out these great concerts that will be com-
ing to Kansas City! You can find all these
and more at [www.ticketsolutions.com/](http://www.ticketsolutions.com/kansascity-concerts)
kansascity-concerts.

Obituary 10/1/2008 Beaumont Club
Tina Turner 10/1/2008 Sprint Center
ZZ Top 10/1/2008 Midland Theatre
The Lost Trailers 10/2/2008 Beaumont
Club
Keith Anderson 10/3/2008 Voodoo
Lounge KC
Sara Evans 10/5/2008 Midland Theatre
Americas Best Dance Crew 10/6/2008
Midland Theatre
Tina Turner 10/8/2008 Sprint Center
Ryan Adams 10/9/2008 Uptown Theatre
MO (Reserved Floor)
Lisa Lampanelli 10/10/2008 Uptown
Theatre MO (Reserved Floor)
Too Slim And The Taildraggers

10/10/2008 Knuckleheads Saloon
Bayside 10/11/2008 Granada Theatre
Lawrence, KS

Music Builds Tour featuring Third Day
and Switchfoot 10/11/2008 Starlight The-
atre

George Lopez 10/12/2008 Midland The-
atre

Opeth 10/14/2008 Beaumont Club

Dave Mason 10/15/2008 Granada The-
atre KS

Broken Social Scene 10/16/2008 Beau-
mont Club

Jackson Browne 10/17/2008 Ameristar
Casino, Kansas City

Luis Miguel 10/18/2008 Sprint Center
(End Stage)

Cobra Starship 10/19/2008 Beaumont
Club

David Byrne 10/19/2008 Uptown The-
atre (Reserved Floor)

Los Lobos 10/19/2008 Folly Theater

Ann Berlin 10/20/2008 Beaumont Club

Ray Lamontagne 10/21/2008

Uptown Theatre (Reserved Floor)

Ben Folds 10/22/2008 Uptown Theatre
(General Admission Show)

The Toadies 10/23/2008 Beaumont Club
Janet Jackson 10/24/2008 Sprint Center
(End Stage)

Frank Caliendo 10/25/2008 Uptown
Theatre (Reserved Floor)

Metallica 10/25/2008 Sprint Center

Alanis Morissette 10/28/2008 Midland
Theatre

The Academy Is with We The Kings
10/29/2008 Beaumont Club

Danzig 10/31/2008 Uptown Theatre
(General Admission Show)

Ozomatli 10/31/2008 Liberty Hall

Barefoot on the Stage

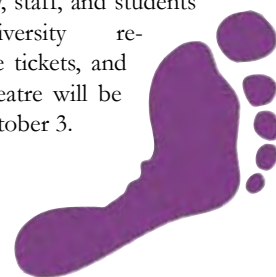
Ben Kopp

With new beginnings, Goppert Theatre has
announced that the first show of the 2008-
2009 Season will be Neil Simon’s “Barefoot
in the Park,” which is being directed by guest
Director John Rensenhouse.

“It’s going really great and coming together
nicely,” says Stage Manager Julia Fleck. This
semi-romantic comedy focuses on newly-
weds Paul and Corrie in their 1960’s New
York apartment. Grant Wayman, who will
portray the role of Paul, commented on the
relationship between himself and his char-
acter.

“Paul and I share the same dry humor, so
I’m having fun with Paul. The main differ-
ence between Paul and myself is that, as
Paul, I expect others in my life — especially
Corrie — to bring order and stability.”

You can see for yourself what Wayman
means when Goppert Theatre opens the
doors for Barefoot in the Park, October 2-4
at 8:00 p.m., or October 5 at 2:00 p.m. Fac-
ulty, staff, and students of Avila
University receive two
free tickets, and Dinner
Theatre will be on Friday,
October 3.



Rowling’s Wizards Will Enchant Again

Charlotte Bishop

Unfortunately, I don’t mean Harry and his
friends. However, J. K. Rowling has writ-
ten another book for Muggles: The Tales
of Beedle the Bard, due out on December
4th. All proceeds from the purchase of
the book will go to Rowling’s charity, The
Children’s High-Level Group (founded by
Rowling in 2005). The CHLG helps better
life for children in foster care. She origi-
nally wrote and illustrated six copies of
Beedle for those closely involved with the
Harry Potter books, and a seventh was cre-
ated and sold to Amazon for 1.95 million
pounds. In December, however, the whole
world can experience the Bard for \$12.29
in hardcover.

Beedle the Bard

The Tales of Beedle the Bard is a well-
known classic in the Wizarding world,
first appearing in the seventh Harry Potter
book, Harry Potter and the Deathly Hal-
lows. Commentary, run by Albus Dumb-
ledore and Mrs. Rowling. Rowling has
also drawn illustrations for each story. The
stories themselves are fairy tales, written
for children, but enjoyable for adults. Pre-
order your copy now to ensure that you get
one because this will sell out fast no matter
where you go!

**All proceeds from the
purchase of the book
will go to Rowling’s
charity, The Children’s
High-Level Group**

A Superhero Summer

Charlotte Bishop

This summer was packed with blockbusters, each more highly anticipated than the last, at least until you got to *The Dark Knight* — after that everything headed downhill. I saw almost all of them, so hang onto your hats, here's a rundown.

The Dark Knight — One of this year's final summer blockbusters, it was by far the best movie of the bunch. The cinematography was superb, the plot was incredibly engaging, and the acting was nothing short of phenomenal.

The late Heath Ledger stood out, of course, as the evil and morally-challenged Joker. However, Aaron Eckhart was not far behind as Harvey Dent, the District Attorney who loves Rachel Dawes (played by Maggie Gyllenhaal, a substantial step up from the bland Katie Holmes), and would do anything for her and his city.

I'm certainly not forgetting the title character, the awesome and oh-so-tortured Batman (Christian Bale in a particularly well-rounded role).

Morgan Freeman, Gary Oldman, and the irrepressible Michael Cane also starred, bringing the cast to an unmatched level. All of this combined, made *The Dark Knight* the best movie of the summer: dark, creepy, and scarier than any monster movie, but also in-

credibly intelligent and poignant.

All in all, considering the hype surrounding the movie, I was glad that it lived up to expectations—even surpassing them in some areas.

I was surprised that they didn't put any disclaimers with the movie: "Do NOT try any of this at home, especially the disappearing pencil trick, you psychos — you know who you are." Rated PG-13 for violence and many abjectly terrifying moments.

Iron Man — I was a little apprehensive about this one. It had the potential to be truly terrible. Featuring an obscure hero, Iron Man could easily have tanked. However, with a little help from its excellent cast, it made it into the category of "pretty freaking awesome."

Robert Downey Jr. plays the title character with aplomb, creating a playboy who, while he vaguely learns his lesson, never loses his humor (even after being kidnapped and tortured by terrorists).

Gwyneth Paltrow, Terrence Howard, and a devilish Jeff Bridges support him. While the acting is not amazing by any stretch, it is certainly engaging enough to be believable. Iron Man has a few corny moments, but then what superhero movie doesn't? The action is fun, and has enough explosions to support

the plot, and keep us happy. While it's a bit predictable, it's still highly entertaining. I found it to be a lot of fun, and what else is a movie like this supposed to be? It's rated PG-13 for violence and sensuality.

Indiana Jones and the Kingdom of the Crystal Skull — In the words of Miss Piggy in *The Great Muppet Caper*, "Well, you wanted excitement." Indy gives us just that.

Harrison Ford hasn't lost it yet. He's still snapping that whip as spryly as ever, and if it wasn't for his grizzled gray beard, you'd think he hadn't aged at all. And before you say, "He was just using stunt doubles," I can tell you that he never did.

Kingdom is the only Indiana Jones movie in which Ford did all his own stunts! He is joined by Shia LeBeouf, who's rumored to take up his Indy mantle in the future, and Cate Blanchett as a villainous Russian (no Nazis this time).

Also shining bright is Karen Allen, Indy's first, and now last, leading lady. Indy manages to bring home a good movie, with good special effects and exciting action sequences.

The plot leaves a bit to be desired, but it's Indiana Jones, so who cares? The aura is pure science fiction, and for me that's good—no major complaints here. Rated PG-13 for violence.

The Chronicles of Narnia: Prince Caspian — On the kid's side of things, I was super-excited for this one. I loved the first Narnia film (even though, technically, *The Lion, The Witch, and The Wardrobe* is the second one), and freaked when I saw that the next installment was on its way.

However, I started to worry as I thought back to the books, and realized that the title character was supposed to be only about ten years old, as opposed to the 18 or 19 that he is in the movie.

Then I decided since they needed some conflict within the ranks of the children, that nobody would fight with a 10-year-old.

So I went to Prince Caspian with an open mind and loved it. It was fantastic — the special effects were awesome, the plot was straightforward but still fun, and the lead actor was gorgeous. What more could I ask for?

Newcomer Ben Barnes, actually age 26, plays Caspian. The four children from *Lion* return as well—all older and more charismatic. Rated PG for sequences of fantasy violence.

There you have it, folks — the best movies of the summer, and next summer, we have *Harry Potter*. Can it get any better than this?

Intervention

Monica Lang

The big Emmy Nominee Arts and Entertainment television series *Intervention* has grown popular with the Monday night audience.

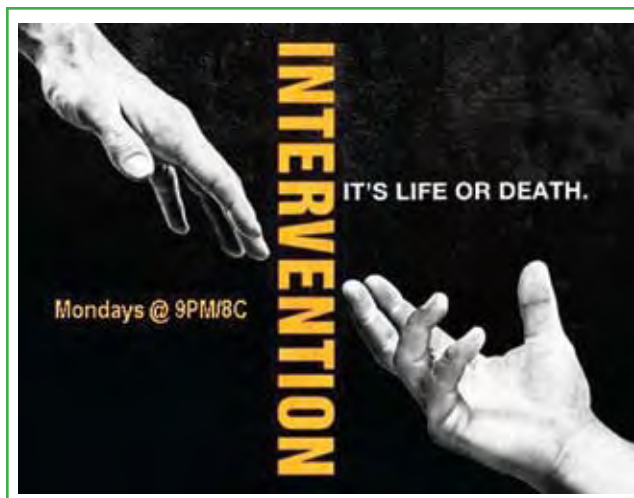
Each individual on the show is estranged from family, friends, and relatives—their only concern is living through dependency on drugs and alcohol, or other compulsive behaviors. This show involves real people with real drug problems.

The *Intervention* crew documents their lives, which can be disturbing for some viewers. The audience learns how drugs can take any student or professional and transform them into an addict. This show creates an inside view of what it means to have an addiction, and how people get to a point of utter destruction.

All of the interventionists training family members about the sobriety process are recovering addicts. The better-known interventionist Jeff Vanvonderan, with 25 years of sobriety under his belt, just recently had "a rough six months," he said Monday, September 8th, 2008, on the *After Treatment Intervention* special. He lost control of his drinking again, explaining his leave of absence this season.

Dr. Amy Bucher, who teaches human behavior and addiction, comments on Vanvonderan drinking again saying "After all that time without it, and all the problems associated with drinking, why in the world would Vanvonderan even want to drink? This demonstrates the almost seductive power of addictive behavior."

The idea that addicts can use moderately is a tough call to make. An addict is always an addict, according



to Alcohol Anonymous. Dr. Bucher also says "controlled drinking by alcoholics is a controversial subject. Many studies have been completed to see if an alcoholic, with various amount of time sober, can drink again safely. Some studies suggest it is possible; however, the long-term follow-up is often

inadequate. Checking in with the addict after 3 months is not long enough. Some individuals seem to be able to drink safely. The problem is we can't predict who will be able to drink problem-free and who won't."

The basis of an intervention is to create a "bottom" for the addict, in order for him or her to jump-start recovery. For family members or significant others to continue avoiding the problem, may be enabling the addict to continue their pattern of dependency.

This is a lesson to any individual who has never heard of an intervention to learn about the process, and realize that if the "rock bottom" is created recovery is possible.

It is shocking to see certain individuals in such pathetic shape, but the truth is that addicts exist and they are in every country—not just our own. The good news is they can be helped, and the first step is an intervention.

Tune in this Monday at 8pm on A&E to get an idea of how some families have pulled together to stop addiction, and start recovery for themselves and their loved ones.

Upcoming Movie Releases for October 3rd

Javier Kelty

An American Carol

Dir: David Zucker — PG-13 — Comedy — Cast: Kelsey Grammer, Kevin Farley, Jon Voight, Leslie Nielsen, Dennis Hopper. If you've seen *Naked Gun* or *Airplane*, you know what type of humor to expect in this spoof of *A Christmas Carol*, where a modern day, senile actor (Grammer) deals with the same dilemma as Ebenezer Scrooge while the director lampoons American culture, especially Hollywood.

How to Lose Friends and Alienate People

Dir: Robert B. Weide — Not rated — Comedy — Cast: Simon Pegg, Megan Fox, Kirsten Dunst, Gillian Anderson, Jeff Bridges. A man (Pegg) who despises the Hollywood culture gets a job writing for a prestigious magazine in New York, which leads to him falling in love with a glamorous celebrity (Fox). Created by the makers of *Shaun of the Dead*.

Nick and Norah's Infinite Playlist

Dir: Peter Sollett — PG-13 — Comedy — Cast: Michael Cera, Kat Dennings, Rafi Gavron, Aaron Yoo. Two skeptical teens (Cera and Dennings) meet while carousing the indie rock scene in New York. They end up going in search of a legendary band's secret concert which ends as a romantic date full of crazy encounters with NYC's night life.

Rachel Getting Married

Dir: Jonathan Demme — R — Comedy — Cast: Anne Hathaway, Bill Irwin, Anna Deavere Smith, Debra Winger. A former supermodel (Hathaway) returns from rehab to attend her sister's wedding.

Religious

Dir: Larry Charls — Not rated — Documentary — Cast: Bill Maher. Bill Maher travels the world, asking people about religion and God.

The Express

Dir: Gary Fleder — PG-13 — Drama—Cast: Dennis Quaid, Rob Brown, Omar Benson Miller, Clancy Brown, Charles S. Dutton. Follows the true story of Ernie Davis (Brown) the first African-American to win the Heisman Trophy.

Lady Eagles are Ready to Take on Anything

Colleen Reagan

Throughout the years the Avila women's soccer program has been building and building into becoming a better team. Every year they just keep getting better. This year is their chance to shine. Ending last season above 500--something the Avila women's soccer program has not done in quite some time--gives them all the more reason to be so pumped and motivated for this season. The team's determination factor is so high right now it's hard not to be excited! The team already has so much energy, but just thinking about this year, and all the possibilities, makes them even more eager.

With Chris Clements taking over the Lady Eagles, they are going to be top notch! With the help of Liz Casey and Leonard Harmon, Clements' assistants, their team is really becoming one. They are working together better than ever before. The motivation and desire both Clements and Casey bring to the table is exactly what the team needs. The coaches know the team's potential and believe in them, and that is what Avila women's soccer has lacked the past few years.

If there were to be one word to express the best part about the Lady Eagles, it would be "camaraderie." Whenever you need help, or someone to talk to, you can go to any one of the girls. They are all so close, which is helpful when they are out on the field. The team does almost everything together. Laugh, cry, go out, stay in, you name it and they are doing it together. There isn't one girl on this

If there were to be one word to express the best part about the Lady Eagles, it would be "camaraderie."

team with whom you should feel uncomfortable. They have each other's back and are there for each other no matter what.

The 2007 roster was filled with talent and leadership, but they can't hold onto the past forever. It is time to look forward and build on their accomplishments. The team lost seven amazing players who contributed to the team immensely, but look on the bright side - they have seventeen returning players, plus a strong, quick incoming class. With all of these skillful players returning as well the incoming class joining, Avila can only hope for amazing things.

This program has shown that they have the ability to compete with the toughest teams at the highest level of NAIA soccer. The 2007 season proved that they are in the middle of the pack in the HAAC. Now what they are looking for is to be more than that, which is what 2008 is going to be focusing on the most. They have come a long way, and there's no stopping them now. They are going to keep going until they succeed, not stopping until they get there. And they will get there!



Sports here at Avila

are a huge part of our school. More than a half of Avila students are members of one of our teams. All athletes, along with non-athletes, show great support at all the games. This section is going to show you the closeness in each team, and make you realize these athletes aren't part of a team--they are part of a family.

In this section, all your questions about Avila Eagles athletics will be answered. We feature a preview on the fall sports: soccer, football, volleyball, and dance. You will also read about our search for a new Athletic Director, as well as our new drug-free sports policy. There is also a profile on Matt Varner, our Athlete of the Month. We will be covering the cheer team in next month's issue, but for now, get your reading glasses on and get ready for this month's section on sports!

This section features a preview on the fall sports: soccer, football, volleyball, and dance.



SOCCER 2008

Search for New AD Is Underway

Emily Hoskins

Since 2001 Mike Sharpe has been the Athletic Director at Avila University

During his seven years here, he has accomplished so many wonderful things. He was able to celebrate the first year of intercollegiate participation for the Avila football program. Also, competitive dance and cheer were both expanded, a women's golf team was formed, and he oversaw the \$2.5 million expansion of the Mabey Fieldhouse. For the year 2002-2003, he was named the Heart of America Conference's Athletic Director of the Year. He was also named the NAIA Region V Athletic Director of the Year in the 2005-2006 year. As of August 29, 2008, Mike Sharpe resigned as Avila's AD and will become the Assistant Commissioner of the Great West Conference, based in Chicago, Ill. The conference consists of several Division 1 schools throughout the country and he will be responsible for conference compliance to the National Collegiate Athletic Association (NCAA).

So who is Avila's AD now?

Coach Anthony Hall, of the men's basketball team, has been selected to be Avila's Interim Athletic Director while the search for a new Director is being conducted. With approximately fifty candidates who have applied so far, the search committee has been reviewing the possibilities, and several phone interviews have already taken place.

A possible Thanksgiving treat!

"The candidates selected will be interviewed on campus in the last week of September and the first week of October," Coach Hall said. "Interviews will be open to anyone wanting to attend."

As for those who want a new Director immediately, you're going to have to sit tight for a couple of months.

Coach Hall said that the committee is hoping to select final candidates early to mid November. A possible Thanksgiving treat, who knows? But for now, Coach Hall is doing a spectacular job coaching his team, and spending the extra time and effort on his newly acquired Athletic Director duties. Who will Avila's next AD be? The answer will be revealed in November.

EAGLE ATHLETE OF THE MONTH



MATT VARNER

NAME: Matt Varner

GRADE: Senior

SPORT: Football- Fullback #6

MAJOR: History/ Business Minor

HOMETOWN: Colorado Springs, Colorado

ADMIRE MOST: My Family

FAVORITE MUSIC: ROCK!!!

FAVORITE MOVIE: Braveheart

2008 PERSONAL GOAL: Score my first TD, since moving from Offense to Defense this year

2008 TEAM GOAL: Conference Championship

PLANS AFTER AVILA: Become a firefighter and be able to have time to snowboard, ride dirt bikes and enjoy the great outdoors



Avila Football

Janos Serfozo

Heart of America Athletic Conference

The Avila Football team has had a rough time during their short tenure in the Heart of America Athletic Conference. The football program has failed to reach the .500 mark in all but one season since 1999.

The Eagles lost many valuable, key players last year. To counter the loss, the coaching staff recruited 48 new football players, the majority being from high school.

"All these new kids are big and they can

play," says wide receiver Anthony Kelly. With no set quarterback and a whole new line (with the exception of returning center Ryan Brenner), the offense is bound to have struggles. An offense needs plenty of time to mesh and work together as a whole.

Don't count the offense out just yet. They do have some returning stars with Anthony Kelly and All Conference Douglas Wendel, both of whom were in the top 10 at the Heart of America Athletic Conference in receptions and touchdowns. Rodrick Coby, who redshirted last year, is showing that he

"All these new kids are big and they can play"

belongs with the best with two stellar performances in the Eagles' last two games.

The defense on the other hand is doing well. "Our defense is solid," says returning defensive senior lineman Kyle Dilkes. Dilkes, along with All Conference Nick Wardbopp, Victor Gray, and Andre Edwards, returns to lead the defense.

The defense did great the first game of the year, shutting out Culver Stockton in a 17 to 0 victory. They kept creating turnover after turnover, and capitalizing on them.

Victor Gray scooped up a fumble, and took it to the house. The defense continued to create turnovers against the Linden Wood Lions. However, the Lions proved to be a much stronger adversary. Coach Stewart, defensive coordinator for the Eagle, seemed to be frustrated when asked what happened in the game.

"They did nothing right," he said talking about the defense. "We practiced and practiced, and told everyone where to line up. No one did what we practiced, across the board. Including offense."

Despite the bad performance, the Eagles have shown that they can win games and produce points. Hopefully they can improve their record this Saturday when they host Benedictine, going from one win and one loss to hitting the .500 mark this season.



The Eagles Hope to Enhance Their Style of Play

Colleen Reagan

Little by little, year by year, the Avila men's soccer program has been improving, and trying to continue the rebuilding process.

This is going to be the year that the men step it up and really show off what they are capable of. Chris Clements, the new head coach for Avila men's soccer, is putting a little pep into their step. Along with the help of Chad Edwards and Leonard Harmon, Clements' assistants, these boys are getting worked to their fullest. Clements knows that their 2007 record does not show how much talent is really out on that field. The Eagles have so much drive and determination, and Clements is working them into the ground because he wants to see them succeed.

When coming to Avila to play soccer you will be expected to continually strive to meet and exceed a very high standard of success on the field, as well as in the classroom. There's no doubt that the men's soccer team has that under control.

In 2006, as well as 2007, the men received the Geer Cup, which is an award that goes to the male and female student-athletes with the best grade point average, as well as the male and female athletic team with the top cumulative grade point average. Hopefully they can win that title back again this year!

This season the Eagles got off to a rocky start, but they have gained composure and things are looking up for them. Their record now is 2-2-1. On the soccer field, more effort has been put into working as a team rather than as an individual.

Eagle's roster for 2008 has a lot of talent. Along with the returning players, the incoming class has found a way to incorporate their efforts into the team. When you look at the men's soccer team you will see so many qualities that help bring the team closer. The qualities you will see are never

now. Along with the Lady Eagles, the men are going to keep going until they succeed, not stopping until they get there. This is a building process, so the Eagles just have to take it practice by practice, game by game.



giving up, staying positive on and off the field, and taking charge. You will also see each player has dependability, discipline, ambition, and a great work ethic. These contributions would exceed the expectations of what college soccer is all about.

Heart of America Conference

The Avila men's soccer program is part of the Heart of America Conference (HAAC). It is one of the toughest conferences in NAIA. In addition to competing in the highly competitive HAAC, the 2008 schedule has also been upgraded since Avila is capable of competing. The Eagles have come a long way and there's no stopping them

The Eagles have so much drive and determination and Clements is working them into the ground because he wants to see them succeed.



The Name of the Game: Steroids

Monica Lang

SAMHSA

According to SAMHSA 1999, athletes have been abusing steroids since the 1950's, mostly for the purposes of enhancing performance. Anabolic steroids are chemicals that change an individual's nutrients into muscle tissue. This type of steroid has become the name of the game in sports. Steroids are a group of natural and synthetic drugs, similar to cholesterol, and related to the male hormone testosterone. Some of the possible side effects include increase in strength, gain in lean body mass, increase in bad cholesterol, and increased risk for liver disorders. Psychological effects such as irritability, "roid rage," mania, psychosis, and major depression, along with physical and psychological dependence are also paired with steroids.

Not only are the chemicals psychologically addictive, but the feedback after an athletic performance from coaches, parents, scouts, fans, etc. can often build more pressure to continue to perform well. This could be one of the main triggers for steroid use.

With an increase in dosage, an individual's muscles start to take a revolutionary new form, and improve one's performance. This can feel rehabilitative. But the longer the use, the greater potential damage steroids can cause one's body. There are many harmful side-effects to taking steroids, but the very muscle that is created with those drugs will begin to deteriorate the day he or she stops juicing. Tolerance is the invisible hook that gets most people addicted in the first place. In order to get the same result, he or she must take more and more of the drug in order to create the same effect, according to *Drugs and Society 8th Edition*, by Glen R Hanson, Peter J Venturelli, and Annette E. Fleckenstein. While steroids indisputably build muscle, they do little or nothing for your tendons and ligaments, making you much more prone to tears, pulls, strains and even debilitating, career-ending injuries, according to AthletesAgainstSteroids.org.

Now with Avila performing random drug testing, football stars and amazing athletes should be cautious of what the downfalls are of starting such pleasing drugs, and realize that the long-term effects may not be as rewarding.



Avila Volleyball

Dave Wilson

Going Green

You've heard of going green. Well, Avila has gone young, because this year's Volleyball team has only two seniors: Katy Davis and Carly Jordan. Freshmen and sophomores combined make up fourteen members of the team.

"We are truly a young group this year, but we try not to focus on our youth. All players are working hard in prac-

expect us to win every match when we take the floor," said Coach Madlock.

Don't give up on these girls yet, as there is a lot of volleyball left to play, and they still have some achievable goals for this season.

Most importantly, the team is very confident and that is an integral component in winning. According to Middle Blocker Sara Boatwright, "We need to learn to play together and we will be unstoppable."



tice. Sometimes there are things our coaching staff assumes our players know how to do, but we learn the hard way that it will take more time and experience to get there. We have to stay patient and focused and work every day to get better," expressed Head Coach Jan Madlock.

Victory over Mid-America

A good victory over Mid-America early on in the season showed promise, but more than likely such a youthful team signifies a "rebuilding year." Not many people in Kansas City want to hear such a term, because it has the same appeal as uttering the name Carl Peterson at a Chiefs' game.

Somewhat out of the ordinary is the presence of leadership among these young women; normally, the leadership role is solely on the shoulders of the seniors.

Not the case, as Coach Madlock states, "I don't feel we lack leadership. We have several veteran players as well as newcomers who bring great leadership in different areas. We do have to work on appreciating the variety in leadership skills, though, and how to accept the leadership of a teammate."

However, there is no doubt that the fifteen years of coaching experience by Madlock will appear in consistency, as this squad shows flashes of brilliance.

"We have great potential. I have seen us make tremendous plays and give good effort for every point. I wish we had a little more depth in some positions. Even with our current record, I

That provides a glimmer of hope for the huge fan-base that Avila volleyball has, which hopefully will continue to grow. From Jan Madlock and players, to Assistant Coaches Cleary, Jones, and Lofgreen, one thing is consistent and that is a winning past. Ultimately, that is what winners do — they win! It may just take a little patience on the part of the Avila community to let this team develop.

"We want to be competitive with every outing, and we want to get better each time we step on the court," said Coach Madlock. "One of our season goals is to make it to the HAAC post-season tournament. There is still an opportunity to get there, but we have to make some changes right now. We have an exciting rest of the season left!" expressed Madlock.

So keep an eye on these Eagles the rest of the season!



A New Year Brings Many Challenges for the Glitter Girls

Erin Hopper

Glitter Girl Dance Team

The Glitter Girl Dance team is extremely busy and excited about the new year. Besides the homecoming assembly and the homecoming football game, the dance team is preparing for nationals. Sophomore Emma Vogt stated, "I know this year is going to be amazing. It will be tough physically and mentally. I plan to really take care of my body, working really hard at workouts and staying hydrated."

Nationals Routines in Progress

The dance team has just recently learned their jazz and hip-hop nationals routines. This year the team was lucky enough to snag Laura Edwards, a dancer from Fish n' Chicks, to choreograph their nationals hip hop routine. The girls will not only need to be in good physical condition, but they also need to be in

good mental condition. "I am really concentrating on my studies. With all these amazing dances I want to make sure I am eligible to compete," states junior Melanie Priddy.

Even though the dance team has a lot going on with nationals, they are still here to support the school's athletes. "The dance team's main priority is to show school spirit and support the sports teams here at Avila," states Head Coach Cindy Freeman. The girls will also be preparing for a camp open to high school and college students in December.

"The dance team's main priority is to show school spirit and support the sports teams here at Avila."



Drug-Free Sports For Avila

Erin Hopper

There has been a lot of buzz about the new drug testing policy at Avila

Jason Means, Dr. Harris, Darbie Peoples, and Nurse Carol are the four faculty members on the committee to achieve drug-free sports. The policy is not completely finished, but here is what I have found.

Drug testing has always been a controversial issue at Avila, but the committee has only been working on this new policy within the last year. Many schools are jumping on the drug-free bandwagon, and all 1A schools are required to test.

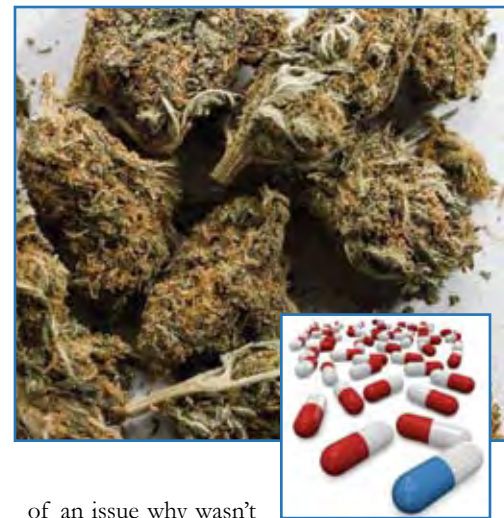
The testing is completely random. A student can be tested three to four times a year, if not more. A student is notified about the test at least 24 hours in advance; however, there is no exact time limit. Any student can be tested whether your sport is in or out of season. The test will be testing for all drugs, including any performance-enhancing drugs, and any illegal drugs. Currently, the policy is still a work in progress, but I was informed that it would be implemented as soon as possible. "It could be next week or next month," stated trainer Jason Means.

Not everyone in the student body is accepting this new policy. There is quite a bit of controversy among the students, some are for the policy and some are against.

"I am for it, we as athletes are representatives for our school and we are seen all over this city. Athletes under the influence give this school and everything it stands for a tainted name," states junior

Juliet Vallet. Dancer Elizabeth Roberts is also for the new drug-testing policy, "I think that if our athletes are off drugs they will be able to perform at a higher level, and Avila will become more competitive with our conference," she said.

However, not all students are accepting this new system. Some athletes feel that if drugs were more



of an issue why wasn't this problem addressed earlier. "What is the point of only testing athletes, shouldn't all students attending Avila University be drug free?" states a student, wishing to remain anonymous.

Poll surveyed 50 students

16-pro testing

34-against testing

AVILA LIFE

In This Section

▼ Dave Wilson

First things first, I am David C. Wilson, and as the Political Editor my opinions will be in the Talon for some time. The political section of the news magazine will touch on issues that may hit a nerve.

This issue, Javier Kelty gives an inside look at the light rail system.

"He Said, She Said" tackles the idea of an official language in the United States. I may have a gender bias, but believe that "He" wins.

The political section should get the Avila community talking about important national and local issues, and I hope that many readers will be talking about these articles long after they've read them.

Kansas City Light Rail Transit, Good or Bad?

Javier Kelty

For the past few years, word of installing a light rail transit system — similar to the elevated transit system in Chicago — has been floating around the community.

The idea was first officially endorsed in 2006, but construction was postponed due to technological and legal problems.

After much debate, though, the City Council decided to pass a bill that would tax citizens 3/8 of a cent for the next twenty-five years to pay for fifty percent of the capital cost. This would generate more than 1.2 million dollars, with the Federal Transit Administration providing the rest of the financing.

The entire project is estimated to cost anywhere from \$815 million to \$835 million, which is \$58 million per mile for the fourteen miles of tracks. The route would run from Interstate 29 and Vivian Road north, through Kansas City and

downtown to the Country Club Plaza, then east to Bruce R. Watkins Drive and 63rd Street.



Although money for five bridges on the route that need to be repaired would also have to be raised, there would be many advantages to the light rail. It would use half as much fuel as cars — which also emit ninety-five percent more carbon monoxide in the air than the light rail would. It would also be more budget-friendly, cancelling out car insurance and gas prices. The light rail would bring people from different neighborhoods

together, adding more diversity to the city. People looking for urban environments to live in would be more attracted to Kansas City if the light rail was built, not to mention the number of citizens who would improve their health by walking more regularly. Young people should see this as another reason to register to vote, so the bill can pass.

He Said: Official Language Works

Ben Kopp

Many people often worry that establishing an official language for the United States would be a symbolic move against the diversity and freedom that makes our country great. On the other hand, many others see a chance to unify the people as one nation.

I typically fall in line with this latter group, or at least part of it. While every American has freedom and an inalienable right to preserve family heritage — especially through speech — language itself is a barrier.

Historically, neighborhoods of large cities became concentrations of specific foreign languages because immigrants wished to live with others from their land of origin. Today, there are whole cities that are exclusively Spanish, in addition to these kinds of neighborhoods.

Both then and now, an isolating effect created by language barriers prevents such communities from fully participating with each other and the rest of the nation.

Entire states have established official languages; some of which are English while others are not. Louisiana, for instance, has both English and French as official languages. These measures are often taken for both preservation purposes, and matters of when to translate for foreign languages. Surely we should not bring ourselves to creating five

translations of the same road sign; some people have enough trouble focusing on a single road sign they already know to be in their native language.

While other languages could be spoken at home, English, as the official language would create a common mode of communication for the entire United States.

Making English America's official language would have a lot of repercussions that we don't need.



She Said

Charlotte Bishop

Making English America's official language

would have a lot of repercussions that we don't need. We're supposed to be the "Land of the Free" — how free would we be if everybody had to use one language, instead of the one they were born with? Pressing "1" for English isn't hard — it takes two seconds to do, and everything you hear from then on is in the language you understand. America has been letting people come onto her soil for years. If we're letting them in as guests, why should we make it harder for them to communicate?

It doesn't make any sense.

While it is respectful to learn at least some simple phrases of the native language before visiting a country, we shouldn't make it harder to understand for those who only learn the basics. Some of us don't seem

to realize how oppressed other countries' people are. We, as America, are a free country and therefore very attractive to those oppressed people. We should be greeting them with open arms, instead of allowing them to escape from their despots only to find communication impossible here. This makes their lives hard all over again. America is the Land of the Free and the Home of the Brave — let's keep it that way.



Election Initiatives Underway

Ben Kopp

Deadlines Approaching

With registration deadlines approaching quickly, and the Presidential election a little over a month away, organizations and institutions across the nation are trying as hard as they can to raise voter turnout. What is the significance of getting higher voter turnouts? Between 2000 and 2004, the voting rate rose from sixty to sixty-four percent, which was higher than the national turnout for any 20th

Century Presidential election.

On the campus of Avila University, this nationwide initiative has reached both the Student Senate and Student Life. Working toward a bipartisan stance, both groups have worked with the Obama and McCain campaigns to bring workers and volunteers to help educate members

Between 2000 and 2004, the voting rate rose from sixty to sixty-four percent...

of the Avila Community on how to register either in Jackson County or by absentee ballot. Further, the Student Senate has launched a State-by-State Contest, which asks contestants to determine who will win in each state; sheets are obtained by Senate members or from Facebook and are due to the Student Life Office

by noon on November 3. As these combined efforts rally members of the Avila Community to take notice of the election, they are building to a single event: election day. On November 4, the Student Senate will ask others to "walk the vote" to Red Bridge Library. Participants will rally in the northeast parking lot (a.k.a. "The First-Year Pit") and walk north to the library three different times throughout the day. More information will be posted as dates draw nearer.

Barack Can NOT Win! "Student Perspective"

Dave Wilson

At least six hours of my life have been spent immersed in political issues, researching, and arguing in front of the computer (in an empty house), but nothing I read will be passed on. This will be a controversial article because no one else seems to overtly discuss some things.

In fact, I am going in a different direction. The "what if" direction is where I am headed and I'm taking no map. There is only one stop on this one-way trip. What if Barack wins, does that signify a final victory against racism or will it be a positive negative?

America has always faced adversity and won, but with all of the victories her citizens seem to take the "w" and move on. Sweeping the debris under the rug never gets the floor clean. I say "under the rug" with specific intent, because that is exactly where racism is in our great country, and if Barack wins I feel that will only solidify the current "coward's racism." The good thing about racism of old was that it was out in the open and we knew who to direct the fight at. In its current state, racism is a cloaked dagger potentially hiding behind a desk as a college professor, or in congress, and the extroverted liberal is no exception. —Many times I have expressed points and views in course discussions, not because I believed in them, but rather it was what the professor wanted to hear. The same goes for the racists of today who publically conduct themselves one way, while privately taking off their PC masks to hate at home. Some say that doesn't hurt anyone, but it does. Especially, when these clos-



et-racists have children, because kids grow up, and they take their racism public. Therefore, Barack must lose, and the issue of racism must be put back on the front burner. If he wins, I fear that far too many American citizens will view that as a final victory giving them the okay to move on. A loss allows the critical thinkers of America to ponder how much of an influence race had on this election. This will shed more light on the topic of racism, leading us closer to its complete elimination, and that is the only victory over this bigoted evil. There is no "we win" until this particular evil does not exist at all, and that is a fact.

Far too many people worked too hard to come this far; far too many people lost their lives fighting this hideous hate, for it to covertly exist. The greatness of America holds no seat at the table for racism in its future.

On the other hand, should Barack win, he could be a great ambassador against racism, which would help promote equality. He may also act vigilantly and publically to make sure that no one moves on and that the drive to end racism continues. All of these things would be wonderful, and he does have a posed plan to correct a few laws where racial disparities exist. However, the President doesn't have the luxury of focusing on just one issue, even one as important as the fight against injustices. In this case his greatest loss may actually be a great victory in finding and fighting racism.

This issue of the Talon focuses on the presidential election that get closer every day. Find out how and why America is losing its unity and identity as "the land where dreams come true," and what people at AU can do to help our country keep the qualities we value most (try voting!). We also take a closer look at the media, and how Hollywood actors exploit the elections, by endorsing and campaigning with candidates. This is a historically diverse election, with the first African-American presidential candidate for the Democrats and the first female vice-presidential candidate for the Republicans. However, the Democrats had a female vice-presidential candidate (Ferraro) on the ticket back in 1984, while the Green Party offered LaDuke as their vice-presidential choice in 2000. But it's still a historic event, so we decided to get some input from fellow AU students on who they would like to see win the election. These are changing times, and if we just watch them pass us by, we won't be a part of them. No matter what the results of elections from the past were--and whether they were conducted honestly, or not--we can't let that affect us from losing faith in the democratic system.



Rock The Vote

Lane Goodin

It's time for America's citizens to decide who they would like to lead this free nation we call home.

MTV's Rock The Vote was here in Kansas City at the new Power and Light District on September 7. Candidates from Missouri and Kansas came for this event, speaking between sets from different bands. Kansas was represented by 21 different candidates, including Randall Hodgkinson, who is a Libertarian in the Senate, to Scott Schwab, who is a State Representative in the Republican Party. Mis-

souri showcased seven candidates, such as Dave Browning, a Libertarian in the House of Representatives, and Robin Carnahan, a Democrat who is Secretary of State. MTV wants two million young people, ages 18-29, to register and vote in this year's election. If you are not already registered, you can go to www.rockthevote.com and register, as well as learn more about issues that are affecting us as citizens. Learn why you should vote. 11-04-2008 could be the day young people decided their future.



Celebrities Affecting the Ballot?

Kayle Walker

Who would have thought that Hedi Montog was a John McCain supporter?

If you don't know who the heck Montog is, don't feel bad. She is only a reality star on MTV's show, The Hills. So why is it important that she supports McCain? It's not! It's actually really annoying and makes me very angry.

A few nights ago, I turned on the Chelsea Lately show and saw Chelsea's assistant, Chuy, wearing a "Barack the Vote" t-shirt. will.i.am, from the group the Black Eyed Peas, wrote the songs "Yes We Can," and "We are the Ones," based on Sen. Obama's speeches.

Obama is the first candidate that Oprah Winfrey has ever endorsed in her 25-year career. She's campaigned for him and with him; she even threw a celebrity fundraiser at her California home that collected an estimated \$3 million. It seems like every time I turn on the TV or open a magazine, there is another celebrity voicing their opinion about the November election, and it drives me crazy.

Like any other American, these celebrities

have the right to think freely and support whatever candidate they like, but do they really have to tell the public what their thoughts are on politics and the election? I would prefer the opinions of well-educated scholars on potential president-elects rather than some talented actor. After all they are paid to be actors, what if their support is all an act and just for publicity?

I think the thing that makes me the angriest about celebrities supporting a certain candidate is that I honestly believe that they may sway some votes. Take Oprah for example — if she mentions a particular book on her show, it becomes a best seller. Who's to say that Oprah didn't convince some people to support Obama just by endorsing him herself?

I don't think it's fair that ce-

lebrities get the opportunity to voice their opinion to the public just because they are already in the spotlight. What if I took advantage of my position at the Talon and published a biased paper dedicated to McCain or Obama? I think celebrities take advantage of the spotlight, when in reality they should stick to what they are good at — being celebrities!



Celeb — Supporting Obama

Barack Obama vs. John McCain

Kayle Walker

Who do You Side With?

With the 2008 November election approaching fast, it's important for voters to educate themselves. Take a closer look at the candidates and their beliefs on a few of the issues. This article will hopefully spark your interest enough to incite you to find all the information you can on each candidate. After all, your decision will affect the future of this country!



Barack Obama

The Right to Bear Arms Under the Second Amendment

Obama has spoken infrequently on the right to bear arms and has not issued a detailed plan regarding these rights. No information is available on the website regarding his view on this, but Obama says he supports the individuals right to bear arms under the Second Amendment. However, he wants it limited by 'common sense' regulations. It is difficult to decipher what he means by that.)

The War in Iraq

Ending the war in Iraq is a central theme for Obama. He is the only major presidential contender who has consistently opposed military action in Iraq from the beginning. Obama believes the Iraqis must take responsibility for their future at home. He believes that the threat of nuclear war is also not to be taken lightly. If elected, he would work toward a nuclear-free world and encourage other countries to be talk openly about their nuclear weapon stockpile. Obama has also stated he would meet with the leaders of Iraq, Syria, Venezuela, Cuba, and North Korea during his first year of administra-

tion, without any preconditions.

The War in Iraq

Obama has stated that the current tax code favors wealthy citizens and not the hard-working middle and lower classes. He plans to restore fairness to the tax code with significant reforms to favor the working class, homeowners, and seniors. In addition, he would expand tax breaks for savers, students and new farmers. Obama will reverse most of the Bush tax cuts for the wealthiest taxpayers while preserving tax cuts for poor and middle class families. Obama proposes raising the top two income tax rates to 36% and 39.6% while maintaining the corporate tax rate at 35%. Obama has not yet published a presidential plan for the Alternative Minimum Tax (AMT) but has stated in the past that he supports efforts to fix the tax in a "fiscally responsible manner."

Immigration

Obama supports immigration reform to create secure borders. He would remove incentives to enter the country illegally by cracking down on employers who hire undocumented workers. However, he opposes workplace immigration raids because he feels they are ineffective. Obama supports "earned path citizenship" for the approximately 12 million undocumented immigrants living in the U.S. Under his plan, immigrants would be encouraged to come out of the shadows and gain citizenship. They will have to pay a fine, have to not have engaged in any criminal activity, and have to learn English. Obama also believes the United States must do more to promote economic development in Mexico to decrease illegal immigration.



John McCain

The Right to Bear Arms Under the Second Amendment

McCain supports individual rights under the Second Amendment. He opposes restrictions on gun shows, assault weapons, and certain types of ammunition. McCain is not in favor of extending third-party liability for gun manufacturers and does not support gun control. McCain said in 2007, "...The second Amendment is unique in the world and at the core of our constitutional freedoms. It guarantees an individual's right to keep and bear arms. To argue anything else is to reject the clear meaning of our Founding Fathers." (Address to Annual Convention of National Rifle Association, Washington, DC)

The War in Iraq

Senator McCain is one of the most consistent supporters of the Iraq War. He opposes a timetable for the withdrawal of US troops before a stable and secure Iraqi democracy has been established. McCain believes withdrawing prior to this could provoke sectarian tensions and promote a civil war, which would destabilize the Middle East. McCain has been a leading advocate of the "surge" which resulted in a decrease in sectarian and ethnic violence. McCain tends to emphasize the importance of a strong US military and negotiating with our adversaries from a position of strength.

Taxes

McCain has stated that taxes should be "low, simple, and fair." He supports a "Fair Tax" program, which would create a new voluntary system with only two tax rates, an increased standard deduction and a simplified filing process. He plans to raise the personal exemption for each dependent from \$3,500 to \$7,000. John McCain will keep the top tax rate at 35 percent; maintain the 15 percent rates on dividends and capital gains, and phase-out the Alternative Minimum Tax. McCain proposes reducing corporate tax rates from 35 percent to 25 percent. He believes that will make America a more attractive place for companies to do business and consequently keep good jobs in America.

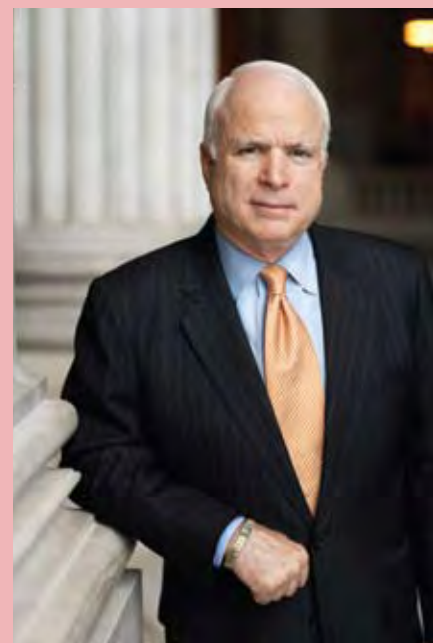
Editors Note- The whole tax debate can be confusing, so here is an-

other thing to think about. Over 10 years, it is estimated that under McCain's policy, the revenue flowing into the Treasury would decrease by \$3.7 trillion; \$2.7 trillion under Obama's plan. However, if you consider the increased spending needed for Obama's proposed entitlement programs, that gap will lessen.

Immigration

McCain supports a comprehensive 2-step immigration reform by first securing the borders and then implementing initiatives to secure the nation. McCain's proposes to allow potential immigrants the chance to get a tamper-proof visa after it has been proven that their job cannot be filled by an American citizen. As far as the 12 million people that are already here as immigrants, he believes they have broken our laws and should have to earn citizenship. McCain on the matter said, "That's not amnesty. Amnesty is forgiveness. We're not forgiving anything." (In New Hampshire, April 2007)

There are many other issues that should be studied so voters can make an informed decision. Voters should invest some time to review the candidates' positions on issues such as energy, national security, health care, homeland security, and education. For more information, check out some of the sources scoured for this article. They include: www.johnmccain.com, www.barackobama.com, www.taxpolicycenter.org, and Glenn Beck's Fusion Magazine (www.glennbeck.com).



2008 Talon Press Conference with Spencer Davis

The 2008 Presidential Election just might go down as the most important in the history of the United States. Our country is in need of some changes, but what changes should we focus on? With opposites John McCain and Barack Obama running for office to change different parts of our country, many different views for who should be in office are out there. Here is one from your fellow classmates. Robert DeGeorge, a Junior.

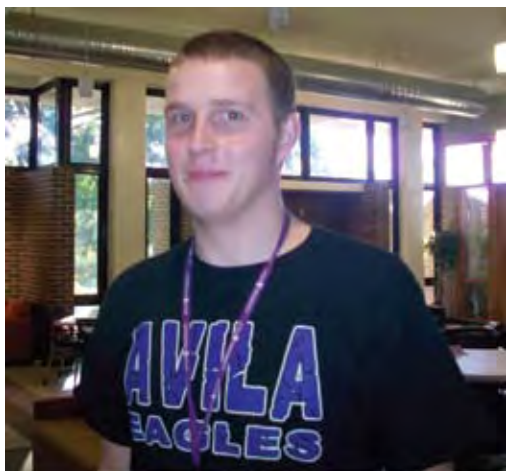
"My choice for the next president of the United States is Barack Obama. One of the things I like the most about him is that he's not a political animal. He's a public servant and an intellectual, two things we are in critical need of in the highest office in our land. He was a community organizer before he went to law school, and a law professor before he went into Illinois State Senate. He writes many of his own speeches, and writes them well, which counts for a heck of a lot with me because good writing signifies so much else- clear thinking, an orderly mind, and passion."

On the other side of the table is Senior Matt Varner, "I consider myself to be conservative in thought and vote along the party lines of the Republicans. In this presidential election coming up there are two figures that have the possibility of changing the direction that this country is heading. Barack Obama is the democratic nomination for president and says that he is the ad-

vocate of change that this country needs. However there are lots of different kinds of change. The current democratic progressive regime that exists in today's political sphere is moving closer and closer towards the Karl Marx style of socialist government rule that we have seen in communist Russia and China. Obama is the advocate for socializing medicine and raising taxes on the so called "giant evil corporations" and raising other taxes just to name a few. First, the problem with socializing medicine is that there is absolutely no one to pay for it. Medicine is a privilege and not a right. It should be run like a business and set free for competition so ideas and technologies are produced and prices reduced so everyone can afford it. Second people complain that businesses outsource too many jobs. Well they are being taxed at a rate to where they can't afford to do business here in the first place. Cutting taxes will bring these jobs back to the U.S. Now I have my reservations with McCain, I don't agree with him on everything, but with the addition of Gov. Sarah Palin to the ticket I believe that McCain and Palin can bring the right kind of change to America and the do-nothing Congress that we have. The Government needs to go back to the people like our founding fathers had set forth in the Constitution. McCain and Palin are advocates for bringing the wealth, power and prosperity back to America where it should be, in the hands of the people.

WORD ON THE STREET

Who do you support in the 2008 Election?



Austin Stockard — “McCain because we agree on a lot of the same views, and I want to keep my money.”



Ben Auxier — “Undecided but leaning towards McCain, because I have more of a Republican mindset when it comes to economics and things like that.”



Juliet Valle — “McCain because he is the lesser of the two evils. To be nice about it”



Brandon Holliwell — “ Obama. Anybody Democrat; would’ve been Hillary if she would have won”



Elizabeth Roberts — “I don’t like to display my political views within the public realm”



Jennifer Sosna — “Undecided. I think its important to research both sides to make a legitimate decision. It’s not like choosing vanilla over chocolate ice cream”

America Isn’t So American Anymore

Steven Sharkey

How many of you know what the Freedom Tower is? For those of you who don’t know the answer, it is what the government is currently building on ground zero of the World Trade Center.

Now I wouldn’t expect many people to know this, because it was just over seven years ago that 9/11 occurred. What I don’t understand is why the American government has done nothing to build a new great American symbol.

Whatever happened to the American attitude that “we are better than everyone?” This is a sad way to remember all our American brothers and sisters who died that day. Seven years have gone by and still nothing to show that we are a strong nation that can’t be hurt by such cowardly attacks.

If I lived in a different country, I would think that America doesn’t care about those who died.

Every year Americans seem to care less, and take the attitude of making it somebody else’s problem.

It’s kind of like New Orleans and the south-

ern gulf region that was destroyed by Katrina. To this day, not everything has been cleaned up and rebuilt. Why does it take America so long to restore herself to the way she was?

You would think that after Katrina, Americans who live on the coast and have to worry about hurricanes would have learned a lesson, but we still have some who think they can stick it out, without negative consequences.

I do understand that some people don’t have the means to evacuate, but when there is a mandatory evacuation people should follow the rules. If they choose not to evacuate, there should be repercussions if they need to be rescued.

America isn’t so American anymore. How can the staple of American industry, the one company proud to be American, sell out? I’ve always thought Anheiser-Busch (AB) was an authentic company. But like many other companies they are selling out to a bigger overseas company who can just throw money and buy what they want.

I am disappointed in Budweiser. I have been

drinking AB products since before I was 21-years-old, but now it just isn’t the same cracking a cold Natty Light. When I see a Bud commercial come on, claiming they are an American brewing company that has been “doing it the same way for over 100 years,” I laugh sarcastically. We do have some good Americans with the motivation to keep some things American. Like Ed Martin, a lawyer from St. Louis, who started a website (Save-



ab.com) because “He so wants his Budweiser label to remain “red, white and blue” and out of the hands of the soccer-loving Belgians.” Budweiser is as American as football and it should say that way.

AVILA LIFE

In This Section

▼ Monica Lang

Society changes, and someday when the next generation of college students choose roommates, he or she may be rooming with someone of the opposite sex. Yes, there are some universities that allow coed roommates, and Avila may be the next. Check out our stories about coed roommates, freshman crazies with unhealthy habits, what the benefits of ADHD are, and finally, how we can prevent another great depression!

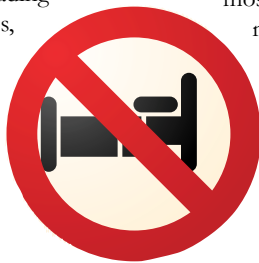


such close proximity, with no parents, and no rules! That's how I felt, my freshman year. It is an exhilarating feeling to know that you're no longer living under Mom and Dad's roof. Also, you can do whatever you want, just as long as you can still pull off decent grades--right? Wrong.

Health & Wellness or Party all Night?

Monica Lang

Harlan Cohen, author of *The Naked Roommate*, says "College is the land of NoDoz and caffeine and stimulants." College students have common habits of staying awake until the wee hours of the morning, downloading music, watching movies, binge drinking, and above all else, procrastinating. Every student has had his or her episode of staying up late to finish up assignments, or simply because his or her sleep pattern may be simply out of whack.



"College is the land of NoDoz and caffeine and stimulants."

No parents! No rules!

The nightlife is where it all happens. College is the place where thousands of young adults are grouped together in

Party All Night!

The common misconception in college is that you stay up late, party late, get up early, and study hard. This is a great goal, for the most part, but is it attainable? Probably not. While staying up late may keep his or her social status up to par, it is the students pulling all-nighters "that compromises his or her overall sleep, which as a result makes it hard to reach full academic potential." Most students need to learn this lesson the hard way, even though most parents insist that their children take care of themselves while away at college. Students continue to treat their bodies like they are dispensable.

Get Some Sleep

Why not go along with the rest of the healthy crowd, and get a reasonable amount of sleep? Avila can be the first campus to go against the land of crazy caffeine. In order to stay healthy over the fall make sure you're getting enough sleep. Stay healthy!

Crazy World

Khasan Simmons

On September 15th two of America's largest banks filed for bankruptcy. I didn't believe that history could repeat itself, but I believe it now and I would hate to see another stock market crash, causing another depression.

History tells us that the Great Depression was a rough time, and it took many years to recover from it. The recovery didn't start until after World War II and the New Deal. That's ten or twenty years that passed before things brightened up.

Right now this news might not matter to any of us because technically we aren't in the real world, but in a few years we will become real producers and consumers and will all have to make real-world decisions about our own lives--such as where to live, and where to work if you can even find work.

A Not-So-Odd Couple: A Look at Coed Rooms

Ben Kopp

A massive step toward diversity and equality between men and women — as well as between heterosexuals, homosexuals, and transgender students — has been made in colleges and universities across the nation.

Lewis & Clark College, University of Pennsylvania, Wesleyan University, and Ithaca College are just a few of the institutions to create policies allowing gender-blind housing that gives students a greater right and responsibility in choosing roommates, but can Avila University take the same step?

The basic fear that arises at almost any institution is that students would be more likely to sleep together just because they sleep in the same room. On the other hand, schools instituting policies for gender-blind housing have reported that out of the low rates of students who actually use the policy, cases of new romances are

The future doesn't look so bright after all; I hate to say it because I'm usually an optimistic person. But I'm losing faith. I hate to be the bearer of bad news, but in our world today, one man alone can't save us.

It takes a nation of new thinkers and positive people willing to make a change to actually get anything done. So if you feel you are one of those people, then get out and vote.

Whether you vote for Obama or McCain, you are participating, and being a part of something. The most important thing is to make an informed decision. Don't vote for someone because it's what your parents are doing, or because your smartest friend says it's the thing to do; research for yourself and then vote.

rare if existent at all.

"It was like living with a sister," says an Avila University Senior. "She gave me advice from a woman's perspective." Sentiments such as these often come from the idea that students would only live with a member of the opposite sex if both parties request and agree to live together.

In answering the question of whether or not Avila University will actually take this extra step toward equality and diversity, I would say it is not likely. Although several of the Avila Values would support a decision favoring gender-blind housing, currently prominent students and staff appear to be strongly against it, which would curtail almost any initiatives toward creating such policies. On the other hand, enough requests to the Senate and administration might make others take a deeper look into the matter.

ADD that's me!

Lisa Burkes

Some of those Attention Deficit Disorder (ADD) kids could have something you don't! Yes, ADD can be a benefit when it comes to getting medication to help one focus, but it can also be a lifelong diagnosis.

Time management problems, impulsivity, distractibility, impatience, procrastination, and risk-taking sound like symptoms that every college student could have, but there's a catch when it comes to having a diagnosis. To truly have a case of ADD, one must have these symptoms for at least six months, and they must interfere with two areas in one's life, such as personal and academic life.

Once diagnosed with this disorder, many individuals often feel a major burden put on them. But although there are many negative attributes associated with this diagnosis, few look for the positive aspects linked to ADD.

According to Lynn Weiss, Ph.D., the author of "ADD and Creativity," some positive qualities related to ADD are empathy, creativity, uniqueness, fun-loving, energetic, openness, down-to-earth, and originality. All of these are considered great attributes, so it may be surprising that they are commonly found in individuals with ADD.

Having ADD can be helpful for future endeavors, and can give an advantage over others who do not have these positive characteristics. Think about how helpful it can be to be energetic, open, and down-to-earth in networking, interviewing and applying for jobs, selecting quality friends, or selecting a

significant other?

Think how helpful a unique perspective, or inventive idea can be when chasing a career in communications, marketing, media, film, theatre, graphic design, etc.

It is also important to remember that the negative attributes of ADD--procrastination, poor study habits, impulsivity, disorganization, etc.--can be easily dealt with or adjusted. But individuals who do not have ADD, and lack the attributes of creativity, empathy, open-mindedness, friendliness, etc. often have a much more difficult time learning to adopt these skills.

So if you ever have felt ashamed, embarrassed, or discouraged by an ADD diagnosis, feel relieved to know that there are many positive outcomes that can come from this disorder. It just matters how one steers his or her life, applying these positive attributes accordingly. I also recommend that the best way to be comfortable with your ADD is to research all the different aspects of the disorder. Educate yourself, and become your own expert on ADD, and then hopefully you will find a way to learn how to own it!



MORE WORD ON THE STREET

Who do you support in the 2008 Election?



Aaron Murray — "I'd vote for Obama because he is just an inspiration to everyone not just the black community."



Banen Chaney — "I've been really intrigued by both Obama and McCain."



Cody Wasson — "McCain has more experience and has realistic viewpoints on government policies."



David Marrero — "They try to get me to vote by saying the lesser of two evils is still a choice."



Nick Ward-Bopp — "Obama is a beacon of hope in dark times, and I look forward to calling him President."



Adam Stinson — "Obama because I think he will do better things for our economy. And he is the one most likely to do everything opposite of Bush."

Jerry Seinfeld Review

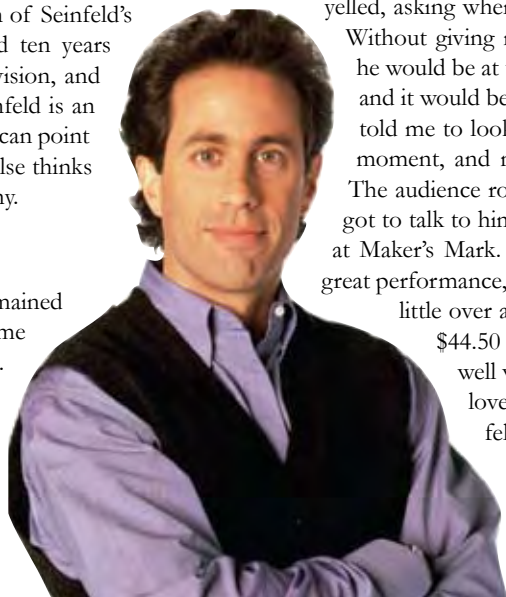
Monica Lang

A Wonderful Performance

On Friday September 19th, 2008, at the Midland Theater, Jerry Seinfeld--otherwise known as "Jerome Allen"--performed back-to-back performances at 7 pm and 9:30 pm. This was a wonderful celebration of Seinfeld's Tenth anniversary episode that aired ten years ago. He is a great comedian on television, and his stand-up is even better. Jerry Seinfeld is an observational comedian--meaning he can point out those lovely things that nobody else thinks about, and that's why they are so funny.

Star-Struck

As I sat in the fourteenth row, I remained star-struck by the comedian as he came out onto the stage: confident and tall. He made several jokes about his marriage, and spoke of his three children, ages three, seven, and nine. He had a great bit about being single until he was forty-five, noting how hard it can be to remain friends with married friends while still being



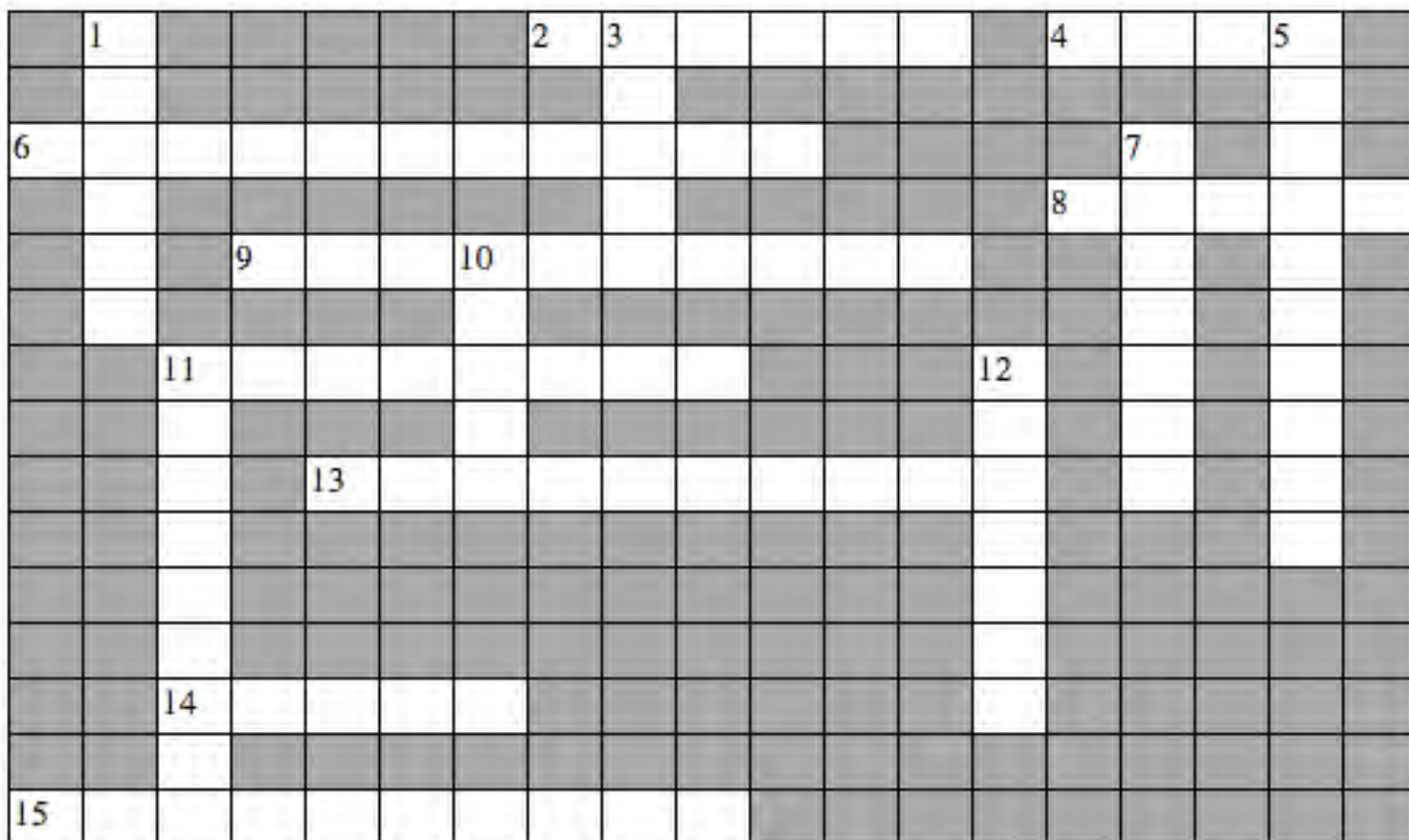
single. Jerry made connection with everyone in the audience--female, male, married, single, and divorced. Everyone can relate to him, which is why his humor is so entertaining. He allowed us to ask questions at the end, so I stood up and yelled, asking when he would return to Kansas City. Without giving me a straight answer, he said that he would be at the Midland, and I would be there, and it would be just like that present moment. He told me to look for more comfort in the present moment, and maybe I would be more satisfied. The audience roared with laughter, and so did I. I got to talk to him! The official after-party was held at Maker's Mark. It was an overall success, and a great performance, even though he was on stage for a little over an hour. Although the tickets were \$44.50 and \$77.50, the performance was well worth it. My advice to anyone who loves to laugh is to attend Jerry Seinfeld's next stand-up show. He always leaves the audience wanting more! Look for his next tour, summer 2009!



Absentee Ballot: Step by Step

Janos Serfozo

For those out of state students who are part of the Avila family, voting is not out of your reach. You are allowed to register, and vote in the state where you are attending school. Voter registration cards will be available on campus this week, so you can register and vote in Missouri. If you are registered to vote in another state, and wish to use an absentee ballot, it is easy to do online. First, go to www.govoteabsentee.org. From there you must register to vote, if you have not yet done so. Next, enter your home zip code from where you are registered to vote and request an absentee ballot. Instructions on this part vary state by state, but the site will walk you through the steps. Last, you receive, fill out and mail in your absentee ballot.



ACROSS

2. Nickname for where Brad Pitt went to college
4. 4 Color Process (initials)
6. Kansas City chiefs need one!
8. German word for hunter
9. Late lead singer of Nirvana (full name)
11. Barack Obama was born in this city
13. Kansas City's current Mayor (last name)
14. Our mascot
15. WKRP in.....?

DOWN

1. President from Independence
3. Sarah Palin attended this state's public University
5. Goldie Hawn's famous daughter (full name)
7. Current Secretary of the Treasury (last name)
10. Your favorite newspaper
11. Up coming holiday
12. Famous aviator from Kansas (last name)

Credit cards at college

A recent survey asked college students about credit cards:

In a typical month

The average:

Amount charged	\$195
Number of transactions	6.3
Transaction value	\$31

Cards in their name

Percent who say they have a credit card in their own name



Learning about credit

Who has primary responsibility for my credit education?

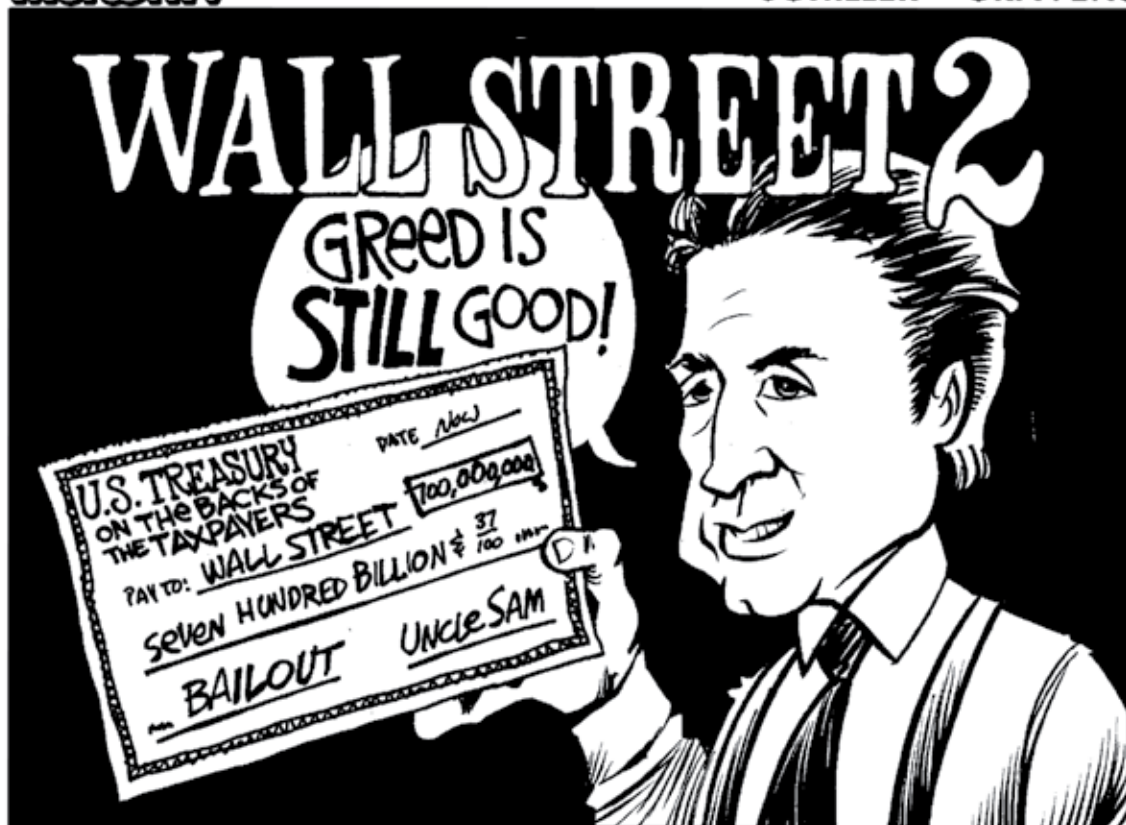
Me	34%
My parents, family	30%
Don't know	16%
My bank	9%
My high school	3%
My college/university	3%
My credit card company	2%
Other	3%

Source: Student Monitor Financial Services
Spring 2008 findings
Graphic: Judy Treible

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Shout-Outs

THIS IS A SHOUT-OUT TO MY HOMIES IN 1210
 — JAIME KENNEY

LOOK OUT FOR AVILA'S FIRST EVER STEP TEAM.
 "AU STEPPAS BABY!"
 — RICKY DAVIS

HOLLA AT YA BOI!!!
 — TOBY CASHELL

I LIKE LONG WALKS ON THE BEACH!
 LOOKING FOR SOMEONE HOT! W/F/20
 — DEE HIGGS

I'M SINGLE. (816) 215-2752
 NOT AN ESCORT!
 — ROBERT DEGEORGE

Miscellaneous

I'm a member of the West Indian Social Club of Kansas City and I'm trying to connect with students of Caribbean descent or those students visiting directly from the Caribbean area. Could you please forward my email to anyone you might be in contact with at the school? I'd like to invite them to visit the West Indian Social Club and its members. Information @ www.expatscaribbean.meetup.com/18/
 Keisha Jones RNz

BLOOD DRIVE

Avila University
 Wednesday, October 8
 10:00 am-2:30 pm
 Donor Bus

- ◊ Please bring photo identification such as your driver's license
- ◊ Cholesterol test will be performed on all units of blood collected
- ◊ Please eat well and drink plenty of fluids prior to your donation
- ◊ All blood donations through the Community Blood Center benefit local hospital patients
- ◊ For medical eligibility questions, please call 1-800-245-7035

To make an appointment online go to
www.esavealifenow.org and use Sponsor Code: **avila**

Please contact Jason Baldwin for additional information at: 501-3754.
 Thank You!



www.savealifenow.org

Comedy Hypnotist Show

Michael Swenson



Friday, October 3, 2008
 5pm to 6pm

Mabee Fieldhouse
 Sponsored by GAP

Part of Homecoming Eagle Madness



K.C. HOPPS, LTD.

RESTAURANTS & BREWERIES

PHOTO CONTEST

Treasury Secretary Henry Paulson and Fed Chairman Ben Bernanke, Securities and Exchange Commission Chairman Chris Cox and James Lockhart, III Director of the Federal Housing Finance Agency sit at the witness table on Capitol Hill in Washington, Tuesday, September 23, 2008, before the Senate Banking Committee.
(Chuck Kennedy/MCT)



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